

BAB AL SHAMS

SPA & HAMMAM





A SPACE OF RITUAL & REVIVAL

STEP INTO OUR SELF-CARE HAVEN.
CHOOSE BETWEEN REJUVENATING
TREATMENTS, FITNESS TRAINING
AND GUIDED MINDFULNESS, ALL
SET TO THE BACKDROP OF
BAB AL SHAMS' GOLDEN DUNES.



HERITAGE TREATMENTS

THE TQ FACIAL

Blending ancient practices with innovative techniques, our healing and hydrating TQ facial treatment will leave your skin feeling radiant and refreshed. A powerful ingredient, Tetraena Qatarensis acts as an effective antioxidant and protective shield against external pollutants that accelerate premature ageing in your skin.

60 MINS

SIDR MASSAGE

Discover the healing wonders of sidr oil, extracted from the leaves of the Middle Eastern Al-sidr tree. Sought after for its anti-microbial and anti-inflammatory properties, the sidr oil used in this signature massage promotes beauty and full-body relaxation. Expect nourished skin, soothed muscles, and the natural healing power of the desert.

90 MINS

JOURNEY TO WELLNESS

DESERT RITUAL

210 MINS

Reset your full body with this comprehensive package, inspired by the region's traditional healing practices. Our temperature-controlled hammam will leave your skin toned and firm, while the exclusive Sidr Signature Massage, enriched with nature's healing properties, deeply nourishes and rehydrates your body. Complete this rejuvenating journey with a luxurious TQ facial, which will leave your skin plumped and invigorated. Walk away with radiant skin, renewed energy, and a profound sense of well-being.

BAMFORD WELLNESS

240 MINS

Delight in a full-day spa package, expertly designed for relaxation and cleansing. Treat your skin to a gentle body exfoliation using a warm body polish, setting the stage for the ultimate pampering experience. Feel tension melt away with our soothing abdominal massage, supplemented by heated chakra stones for improved gut health. Brighten your complexion with our B Well facial that promotes cell regeneration and reduces stress.

BAB AL SHAMS HAMMAM CEREMONY*

180 MINS

A transformative journey infused with Middle Eastern ingredients and aromas. This hammam ceremony starts with notes of sandalwood and rose to reset the mind and body. What follows is a black soap cleanse, a rejuvenating exfoliation, and a warm rose blossom wrap with oud oil for anti-inflammatory healing and radiant skin. End the treatment with a lymphatic facial massage that uses rose quartz and organic rose and argan oil to promote skin regeneration, moisture, and firmness.

SIDR RELAXATION RITUAL*

120 MINS

Middle Eastern heritage is at the heart of this blissful treatment. Indulge in a calming full body massage and facial infused with Sidr oil, renowned for its anti-inflammatory and healing properties. Our curated products draw from the plant's antioxidant-rich, drought-resistant, and salt-tolerant characteristics to moisturise, nourish, and safeguard your skin against premature ageing caused by environmental factors. Leave with a newfound glow and restored energy.

*This wellness treatment can be reserved for couples.

MASSAGES

B SIGNATURE MASSAGE

90 MINS

This immersive treatment begins with a foot bath to draw out toxins. Unblock stagnant energy with a Japanese Shiatsu massage followed by a Swedish massage targeting tension areas. For gut health, a heated chakra stone is gently placed on the abdomen while you enjoy a calming Indian head massage that promotes scalp and hair health. The session comes to a close with assisted yogic breathing to invigorate and oxygenate the body.

B SILENT MASSAGE

90 MINS

A massage designed to relax your body and prepare it for deep, restorative sleep. Begin your treatment with a foot bathing ritual, followed by Japanese Shiatsu rocking techniques and a therapeutic back massage using Bamford's B silent body oil. Tension-relieving stretches are then applied, targeting tight hips, the lower back, and spine. Complete the soothing experience with an Indian head massage that promotes relaxation.

B STRONG RITUAL

60 / 90 MINS

Blending shiatsu and traditional methods, this full body massage targets deep muscle layers to address acute tension and overuse injuries. By tackling muscle adhesions that lead to pain, inflammation, and limited mobility, the B Strong Ritual improves blood circulation, relaxes tight muscles, and promotes their healing and strengthening.

DE-STRESS MASSAGE

60 MINS

Focusing on the back of the body, this massage eases tense muscles and reduces stress levels while simultaneously restoring and realigning your energy. Benefit from reduced inflammation from our foot ritual and relieved tension after a Shiatsu pressure-point massage. End this relaxing treatment with a circulation-boosting back and leg massage, as well as a soothing foot massage.

ANTI-FATIGUE MASSAGE

60 / 90 MINS

Experience a true getaway for the senses. Combined with the Maison d'Asa Relaxing Fruity body oil, this massage provides both a relaxing and invigorating effect while dissipating all tiredness, tension and stress in the body. By activating energy pathways through techniques like deep-pressure gliding and muscle kneading, it harmoniously relaxes the body and calms the mind.

ORIENTAL OUD MASSAGE

60 / 90 MINS

Recentre the body and relieve muscle tension. Organic sandalwood is paired with a hot stone pressure point massage focused on the hands, feet and back for a massage that dissolves tension, soothes the mind, and fosters a sense of inner zen.



B BALANCED TREATMENT

60 / 90 MINS

A bespoke full-body treatment which is designed to ease symptoms related to hormonal changes and chronic conditions. A ritual that nurtures mind, body, and energy, helping you feel calm, balanced, and cared for. Guided breathwork begins the session, followed by bamboo tapping to boost circulation, gua sha massage, and a cooling gel to release excess heat. Targeted meridian work supports drainage and energy flow.

Extend to 90 minutes with a firming face massage—leaving you rested, rebalanced, and restored.



HAMMAM

ANCESTRAL BATH CEREMONY

Following the ancestral traditions of the Maghreb, this ceremonial bath is infused with the captivating aroma of Beldi soap and ghassoul. The treatment begins with a gentle exfoliation using black soap and Kessa, effectively eliminating dead cells to reveal soft and youthful skin. What follows is a nourishing Neroli rhassoul clay body wrap, infused with an abundance of minerals to cleanse and revitalise your body.

60 MINS

BERBER BATH CEREMONY

This hammam experience is a homage to the ancient Moroccan apothecary. Starting with black soap and eucalyptus, the journey unfolds into a Kessa exfoliation, honey scrub, mint rhassoul treatment, and relaxing hair cleansing. The experience comes to a relaxing end with a deep facial cleanse and mint foot bath. Choose this ritual for hydrated, nourished skin, and transport your senses to the heart of Morocco.

90 MINS

FACIALS

BAMFORD WELLNESS FACIAL (SUITABLE FOR ALL SKIN TYPES) Focused on enhancing skin wellness, this treatment incorporates a traditional and Gua Sha massage to relieve muscle tension, enhance lymphatic circulation, and alleviate puffiness. This comprehensive treatment features a head, neck, and stomach massage to target different areas of the body that contribute to skin health.	90 MINS
BAMFORD PERSONALISED FACIAL (SUITABLE FOR ALL SKIN TYPES) Crafted for skin luminosity and equilibrium, this treatment is designed to brighten and balance the skin, including deep facial massage techniques and a hot/cold stone massage to stimulate cell regeneration and to release any tension.	60 MINS
BAMFORD MEN'S FACIAL Tailored exclusively for male skin, this treatment features Bamford Grooming Department products. It starts with a thorough cleanse and steam, followed by facial reflexology to invigorate cell renewal. Jade stones are then used to enhance circulation while cooling Moonlight stones soothe and tone. The treatment comes to a close with a mask selected by your therapist, addressing your specific needs.	60 MINS
THE BRIGHTENING BOOSTER This treatment is your ticket to a radiant summer complexion, year-round. Awaken to vibrant skin through a refreshing cleanse, targeted treatments, and deep hydration. Antioxidants and nourishing ingredients shield you from environmental stressors, while expert massage techniques offer a blissful sensory experience.	60 MINS

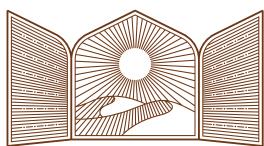


GUIDED WELLNESS, FITNESS & TRAINING

Tap into the energising power of movement during your stay.

Elevate your workout routine with solo or group sessions led by skilled and certified fitness experts. Centre the body & soul with exercises dedicated to mindfulness, and explore various levels of yoga, stretches, and meditation sessions under the expert guidance of our in-house yoga guru.

Please visit or contact our spa reception for the guided wellness schedule.



GUIDED WELLNESS

Group & private yoga sessions are available daily with our in-house yoga guru. Please visit or contact our spa reception for the schedule.

PRIVATE CLASSES

HATHA YOGA

60 MINS

Rooted in breath and ancient techniques, these yoga classes help to achieve improved body alignment, cultivating balance, strength, and calmness.

PRANAYAMA (YOGIC BREATHING)

45 MINS

Pranayama, an ancient breath control practice, involves managing the timing, duration, and frequency of breaths and holds. It aims to unite body and mind for spiritual well-being, supplying oxygen and eliminating toxins. On a deeper level, “prana” signifies life force, while “ayama” means regulation.

MEDITATION

60 MINS

The practice of embracing a state of complete attentiveness and profound self-awareness. During every session, you are guided to connect deeply with your thoughts, bodily sensations, and the present moment.

TRATAKA (CANDLE MEDITATION)

60 MINS

An ancient practice for enhanced concentration of the mind. This practice promotes relaxation and relief of strained eyes and headaches while tapping into a deep state of consciousness and inner connection.

SOUND HEALING THERAPY**

45 MINS

A powerful therapy that combines different healing sounds, music, and sound healing instruments to improve our inner well-being. During this experience, the energy channels that flow between your body, mind and soul are gently awakened and reconnected.

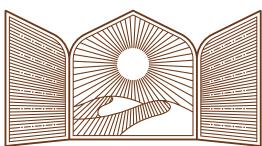
PRANIC HEALING / CRYSTAL HEALING

45 MINS

A traditional healing technique in which a Healing master (who has undergone formal training in this healing form) uses the hands or crystals to guide the flow of energy through the body, helping to clear blockages and restore balance. This practice is intended to ease pain, revitalise the nervous system, and strengthen immunity.

The availability of our guided wellness classes range between 3, 5 and 7 days.

**Sound Healing Therapy must be booked 24 hours before the session and a full advance payment must be made to confirm the booking.



GUIDED WELLNESS

Group & private yoga sessions are available daily with our in-house yoga guru. Please visit or contact our spa reception for the schedule.

GROUP CLASSES

HATHA YOGA

45 MINS

Rooted in breath and ancient techniques, these yoga classes help to achieve improved body alignment, cultivating balance, strength, and calmness.

Every Sunday, from 5:15 pm

PRANAYAMA (YOGIC BREATHING)

45 MINS

Pranayama, an ancient breath control practice, involves managing the timing, duration, and frequency of breaths and holds. It aims to unite body and mind for spiritual well-being, supplying oxygen and eliminating toxins. On a deeper level, “prana” signifies life force, while “ayama” means regulation.

Every Monday, from 5:15 pm

SOUND MEDITATION

30 MINS

A gentle journey into stillness through immersive sound. Each session invites you to tune inwards, fostering deep presence, clarity, and inner balance. Let the vibrations guide you to a heightened state of awareness and calm.

Every Wednesday, from 5:15 pm

FLOATING SOUND BATH

30 MINS

Experience deep relaxation as you float effortlessly, surrounded by healing soundscapes. This meditative journey blends gentle water support with resonant tones to soothe the body, quiet the mind, and restore energetic balance. A unique immersion in stillness and sound.

Every Thursday, from 8:00 pm / 9:00 pm

ASHTANGA YOGA

45 MINS

A dynamic and disciplined practice that links breath with movement in a set sequence of postures. Ashtanga cultivates strength, flexibility, and inner focus, guiding you toward balance through mindful repetition and flow.

Every Friday, from 5:15 pm

RESTORATIVE YOGA

45 MINS

A dynamic and disciplined practice that links breath with movement in a set sequence of postures. Ashtanga cultivates strength, flexibility, and inner focus, guiding you toward balance through mindful repetition and flow.

Every Saturday, from 5:15 pm



SPA & HAMMAM

Unwind with plush facial & body treatments using premium, sustainable products. Please visit or contact our spa reception for more information.

HERITAGE TREATMENTS

THE TQ FACIAL AED 800

SIDR MASSAGE AED 995

JOURNEY TO WELLNESS

DESERT RITUAL AED 2,500

BAMFORD WELLNESS AED 2,700

BAB AL SHAMS HAMMAM CEREMONY* AED 2,000

SIDR RELAXATION RITUAL* AED 1,600

MASSAGES

B SIGNATURE MASSAGE AED 995

B SILENT MASSAGE AED 995

B STRONG RITUAL AED 795 / 995

DE-STRESS MASSAGE AED 795

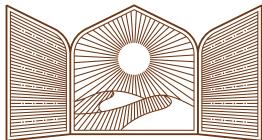
ANTI-FATIGUE MASSAGE AED 795 / 995

ORIENTAL OUD MASSAGE AED 795 / 995

B BALANCED TREATMENT AED 795 / 995

*This wellness treatment can be reserved for couples.

All prices are in AED, inclusive of 7% Municipality fees, 10% service charge and 5% UAE VAT.



SPA & HAMMAM

Unwind with plush facial & body treatments using premium, sustainable products. Please visit or contact our spa reception for more information.

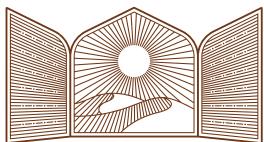
HAMMAM

ANCESTRAL BATH CEREMONY	AED 895
BERBER BATH CEREMONY	AED 1,095

FACIALS

BAMFORD WELLNESS FACIAL (SUITABLE FOR ALL SKIN TYPES)	AED 950
BAMFORD PERSONALISED FACIAL (SUITABLE FOR ALL SKIN TYPES)	AED 800
BAMFORD MEN'S FACIAL	AED 800
THE BRIGHTENING BOOSTER	AED 800

*If requested while booking, this treatment can also be completed in the hammam.
All prices are in AED, inclusive of 7% Municipality fees, 10% service charge and 5% UAE VAT.



GUIDED WELLNESS

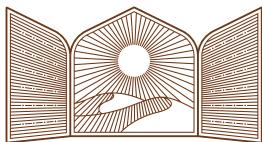
Group & private yoga sessions are available daily with our in-house yoga guru. Please visit or contact our spa reception for the schedule.

PRIVATE CLASSES

HATHA YOGA	AED 400
PRANAYAMA (YOGIC BREATHING)	AED 400
MEDITATION	AED 400
TRATAKA (CANDLE MEDITATION)	AED 400
SOUND HEALING THERAPY**	AED 700
PRANIC HEALING / CRYSTAL HEALING	AED 750

GROUP CLASSES

HATHA YOGA	AED 100pp
PRANAYAMA (YOGIC BREATHING)	AED 100pp
SOUND MEDITATION	AED 100pp
FLOATING SOUND BATH	AED 250pp
ASHTANGA YOGA	AED 100pp
RESTORATIVE YOGA	AED 100pp



FITNESS & TRAINING

Tackle a solo or group training session with our certified experts.
Please visit or contact our spa reception for more information.

PRIVATE TRAINING SESSIONS

TRAINING SESSION*

Individual session with InBody body composition analysis.

60 MINS

AED 200pp

Group session, up to 4 persons with InBody body composition analysis.

AED 150pp

STRETCHING SESSION*

30 MINS

AED 100pp

InBody BODY COMPOSITION ANALYSIS

Receive an accurate and precise data with the In Body body composition analyzer. A non-invasive, fast (15 seconds) and easy test that provides the following data:

- Muscle-Fat Analysis
- Segment Lean Analysis
- Basal Metabolic Rate

No empirical estimations, instead, Direct Segmental Multi-Frequency BIA technology measures body segments separately for an accurate analysis based on your unique body.

Receive essential data to evaluate your overall health and wellness. Identify changes in body composition, track progress, validate programs, and deliver actionable advice based on trustworthy data.

*All training sessions are done with a certified expert.

All prices are in AED, inclusive of 7% Municipality fees, 10% service charge and 5% UAE VAT.

SPA ETIQUETTE

To maximise your experience at the Bab Al Shams Spa & Hammam, please adhere to some simple guidelines and house rules.

Mobile phones

Please switch your cell phones off or switch them to silent to maintain the spa's atmosphere of tranquillity.

Punctuality

Please plan on arriving at least 30 minutes prior to your appointment. This will allow you to complete our registration and health consultation process, after which you may enjoy our spa facilities.

Late Arrivals

Arriving late will limit treatment duration, reducing both its effectiveness and your enjoyment.

Cancellations and No-Shows

Please cancel at least 12 hours prior to your appointment to avoid a 50% cancellation charge. This charge will be applicable to all no-shows that have not cancelled or rescheduled their appointment within the aforementioned window of time.

Reservations

Reservations are required, and should preferably be made 24 hours in advance. You may visit us at Bab Al Shams Spa & Hammam, contact us through email at spa@babalshams.com, or call us on +971 4 809 6232.

Attire

Wear what you find comfortable. You may even arrive straight from your room in a robe and slippers. We offer guests bathrobes and spa slippers and disposable undergarments.

Health Consultation

You will be asked to complete a health questionnaire prior to your spa experience. Please communicate any potential concerns to your therapist - such as high blood pressure, allergies, physical ailments, special needs, or pregnancy - so that your spa experience can be tailored to meet your specific requirements.

The Right Pressure

Our guests respond differently to massage pressure. Hence why our therapists are trained to ask whether the pressure applied is enjoyable. Please feel free to tell your therapist to increase or reduce applied pressure to achieve the perfect experience.

Aftercare

Some of our spa experiences require brief aftercare. Treatments such as exfoliation, for instance, come with the recommendation that you avoid sunbathing for 2-3 hours, and also use suitable sun protection. In such cases, your therapist can recommend suitable products for sale in the spa.

Hydration

We recommend that you hydrate well, and drink water before and after your spa experience to help flush out toxins and accelerate recuperation.

Tipping

Gratuities are left to the discretion of our guests. If you feel that the experience and service you have enjoyed warrant appreciation, please feel free to leave a tip.

For bookings and reservations, please contact the Bab Al Shams Spa & Hammam at +971 4 809 6232, email spa@babalshams.com or visit our Spa & Hammam.

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