

# BAB AL SHAMS

SPA & HAMMAM



A man and a woman are posing in a swimming pool. The man is standing on the left, wearing a white short-sleeved shirt with a yellow and green geometric pattern, yellow shorts, and sunglasses. The woman is lying on her stomach on the pool deck, wearing a yellow and white patterned swimsuit and sunglasses. The background features a beige wall with a large wooden lattice screen and a palm tree on the right.

## 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.

75 MINS

AED 850

### 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

AED 895

# JOURNEY TO WELLNESS

## DESERT RITUAL

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.

210 MINS  
AED 2,299

## BAMFORD WELLNESS

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.

240 MINS  
AED 2,500

## BAB AL SHAMS HAMMAM CEREMONY\*

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.

180 MINS  
AED 1,749

## SIDR RELAXATION RITUAL\*

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.

120 MINS  
AED 1,499

\*This wellness treatment can be reserved for couples.

# MASSAGES

## B SIGNATURE MASSAGE

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.

90 MINS

AED 850

## B SILENT MASSAGE

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.

90 MINS

AED 850

## B STRONG RITUAL

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.

60 / 90 MINS

AED 675 / 875

## DE-STRESS MASSAGE

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.

60 MINS

AED 675

## ANTI-FATIGUE MASSAGE

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.

60 / 90 MINS

AED 675 / 875

## ORIENTAL OUD MASSAGE

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.

60 / 90 MINS

AED 650 / 850



#### B VIBRANT TREATMENT\*

Experience a gentle full-body exfoliation that features warm botanical sugar polish to boost circulation. Cooling Jade stones are then placed on marma points across the body while you enjoy a relaxing Indian head massage with clarifying citrine crystals. End the treatment with light, guided breathwork to centre your mind and body.

90 MINS

AED 895

\*If requested while booking, this treatment can also be completed in the hammam.



## 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

AED 750

### 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

AED 895

## 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  
AED 900

### BAMFORD SIGNATURE FACIAL (SUITABLE FOR ALL SKIN TYPES)

Crafted for skin luminosity and equilibrium, this treatment combines facial massage methods and a hot/cold stone treatment to invigorate cell renewal and relieve tension. Your therapist will curate a facial regimen personalised to your skin's requirements, using a custom blend of Bamford skincare products.

90 MINS  
AED 900

### 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  
AED 750

### THE UNWHIND FACIAL

A rejuvenating experience designed to awaken your senses and restore your skin's natural radiance. This treatment is a testament to self-care, a journey that leaves you refreshed with a luminous glow, recharged spirit, and a renewed sense of well-being.

60 MINS  
AED 750

### 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  
AED 750

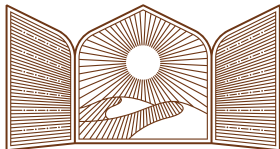


## GUIDED WELLNESS, FITNESS & TRAINING

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.

### HATHA YOGA

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

60 MINS

AED 350

### PRANAYAMA (YOGIC BREATHING)

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.

45 MINS

AED 350

### MEDITATION

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.

60 MINS

AED 350

### TRATAKA (CANDLE MEDITATION)

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.

60 MINS

AED 350

### SOUND HEALING THERAPY\*\*

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.

60 MINS

AED 1,900

### REIKI

An energy healing technique in which a Reiki master (who has undergone formal training in this healing art) uses gentle hand movements with the intention to guide the flow of healthy energy (what's known in Reiki as life force energy) through the your body to reduce stress and promote healing.

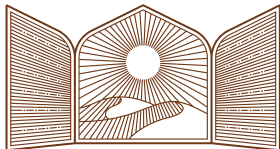
60 MINS

AED 700

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.

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



## 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.

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

60 MINS

AED 200pp

AED 150pp

#### STRETCHING SESSION\*

30 MINS

AED 100pp

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### 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 <a href="mailto:spa@babalshams.com">spa@babalshams.com</a> , 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](mailto:spa@babalshams.com) or visit our the Spa & Hammam.

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