



heart & soul  
al barari

Welcome to our  
new world of wellness...



heart & soul  
at barari

**Inspired by nature.  
Aligned with your Heart & Soul.**

An award-winning concept aligning body, mind, spirit, and soul, welcome to our world of wellness. We are the beating heart of Al Barari.

Secluded and centred around you, say hello to stunning views of the community's abundant greenery, the fountain of inspiration behind our comprehensive range of treatments and services, harnessing the most potent ingredients the natural world has to offer.

Discover therapeutic massages, reflexology, facials, hammam, as well as comprehensive hair, body, and nail services.

**Open your Heart.  
Surrender your Soul.**



## SOUL SIGNATURE MESSAGES

*Our handcrafted massage treatments have been expertly designed to boost energy and heal in the most natural way possible.*

### Six Hands Massage

Transform tension with this truly indulgent massage.

Enjoy a soothing foot bath before three, uniquely skilled therapists, apply a hot herbal compress onto the body and give you a relaxing full body massage in perfect unison. The journey concludes with a coconut oil head massage.

60/90 mins     AED 940/1350

### Rebirth Magnesium Immersion

Rebirth Magnesium Immersion is a ritual to rejuvenate your body and mind, providing you with deep healing effect with a 20 minutes bath and 1 hour massage. A magnesium massage using Of The Islands Pure Strength Magnesium Massage Oil will detoxify your body, relax your muscles and allow you to get the most out of your day or night.

The result is a sense of calmness and peace that will last throughout the day or night.

80/110mins     AED 600/840

### Soul Signature Thai Healing

The transformative powers of traditional Thai massage are paired with deep tissue techniques in this healing experience focused upon clearing energy blockages and reviving tired and stressed-out muscles.

60/90 mins AED 520/780

## INSPIRED BY THE EARTH

*We've scoured the globe and returned to Heart & Soul with the most effective massage and healing offerings.*

### Himalayan Healing

Gathered from the sea beneath the Himalayan mountains, healing salt crystals containing 84 trace minerals known to ground and balance the body's electromagnetic field, central nervous system, and meridians, are hand-carved to form massage stones to heal and soothe the body.

60/90 mins     AED 500/750

### Indian Ayurvedic Head Massage

This age-old Indian massage technique is known to relieve stress and headaches, stimulate hair growth, and balance chakras. Intense deep kneading and compression is applied

over the neck, shoulders, and scalp.

30 mins

AED 300 (Blow dry + AED 100)

### Thai Herbology

Taking Thailand's age-old herbal healing practices to a new level, a hot compress is applied to the body before an intensive massage stimulates the body's vital organs to boost their functionality.

60/90 mins     AED 500/750

## HEALING HEART

*Alternative therapies and healing staples to improve chronic fatigue, vitality, and mental clarity.*

### Hot Stone

The heat from healing basalt stones penetrates straight into the heart of the muscle, alleviating tension and aiding detoxification.

60/90 mins     AED 500/750

### Deep Tissue

Detoxify your body and improve blood circulation.

Deep, intensive pressure transforms muscle tensions.

60/90 mins     AED 480/720

### Reflexology

Focused massage applied to pressure points on the face or feet recalibrates targeted areas of the body, stimulating natural healing processes.

30/60 mins     AED 280/560

### Jet Lag

Reset your body clock and ease stiff and sore muscles after a long day or long haul flight. Get ready for relaxation as long stroke movements stimulate oxygen flow and circulation to prepare your body for a superior state of sleep.

60/90 mins     AED 480/720

### Traditional Thai

Traditional Thai massage is applied over your clothing without oil.

Rhythmic acupressure and gentle Thai stretching aligns the energy of your body, increasing flexibility and improving circulation.

60/90 mins     AED 500/750

## HEALING HEART

### Mom-To-Be

This relaxing full body massage uses safe, pre-and post-natal techniques, combined with Mama Mio's omega-rich, nourishing oils to release lower back tensions and relieve neck and head strain.

60/90 mins     AED 500/750

### Maderotherapy - Slimming Massage

Maderotherapy is a holistic massage technique that uses anatomically designed wooden tools to improve the body's size and proportions while improving overall health. It enables highly targeted pressure to be applied to problem areas (such as thighs, buttocks, love handles and abdomen). Exercising with Maderotherapy increases blood circulation and lymphatic drainage, which in turn increases metabolism.

The result is a slimmer, healthier body.

45/60 mins     AED 420/550

Maderotherapy package of 6 x 45min     AED 2100

Package of 6 x 60min     AED 2750

## CHARME D'ORIENT

*Discover the opulent and transformative powers of Charme d'Orient. Our curation of treatments by the revered French beauty brand uses the highest quality, all-natural ingredients inspired by the rich beauty rituals of Arabia.*

### Royal Hammam Ritual

The ritual begins with a steam and scrub using black Moroccan soap, followed by a wrap with purifying Ghassoul mineral clay and a regenerating Argan oil massage.

60 mins     AED 680

## YELLOW ROSE

### Ginger Body Treatment

Cleanse, stimulate, detoxify, and firm the skin. With our ginger body treatment containing 23K gold, ginger extract, and silk, you will increase blood and lymphatic flow and improve the appearance of cellulite, stretch marks and firm the skin, leaving it silky smooth.

60 mins     AED 580

### Ginger Scrub

30 mins     AED 315

### Deluxe Hyaluronic Facial

The Ultimate Hyaluronic Facial hydrates, tightens and smoothes skin for a beautiful glass-like glow. Our facial combines three different sizes of hyaluronic acid (HA) molecules to deliver hydration to all layers of the skin. Oligopeptides enhance the skin for wrinkle filler-like effects. The luxurious rose petal extracts provides anti-inflammatory properties to protect the skin from damage while leaving a heavenly soft floral scent.

60 mins     AED 580

## SODASHI

*Taken from Sanskrit, Sodashi translates into 'wholeness, purity and radiance'. Known as a leader in luxury skincare, this Australian brand fuses biochemistry, aromatherapy, and Ayurvedic principles. Each of these thoughtful treatments is carried out using targeted products from this exclusive chemical free, botanical brand.*

### Mankind Facial

Designed to treat men's specific skin concerns, this treatment begins with a relaxing Sodashi Himalayan salt therapy back scrub to ease stress and reduce tension. A deep cleansing and exfoliating facial then balances the skin's natural oils, soothing irritation and preventing ingrown hairs. The treatment closes with a relaxing massage to tone and firm facial muscles, leaving the face looking fresh and revitalised.

60 mins     AED 680

### Tension Relief Body Massage

This treatment is designed to release deep seated tension from the body. The movements include a combination of deep tissue, Swedish, lymphatic drainage, and acupressure points. This specialised full body massage has been designed to stimulate circulation, remove accumulated toxins, and effectively relieve water retention.

60 mins     AED 520

### Arabian Oud Renewal

This deluxe treatment works on both face and body to provide a complete head-to-toe experience, delivering incredible results in terms of released muscular tension, improved digestion, detoxification, and skin radiance.

90 mins     AED 750

### Sodashi Pure Radiance Facial

Deeply relax as you enjoy Sodashi's aromatic warm facial compresses that soften and exfoliate, and a nurturing face mask, rich in herbal extracts to purify and hydrate the skin. Tailored to your skin's needs, our facial massage will leave your skin revitalised and fresh.

60 mins     AED 680

\*\* 5% VAT included in all services

## FACE BY FORLLE'D

*This luxurious Japanese skincare brand targets the signs of aging and environmental damage with their unique and highly potent formulations featuring ultra-low molecular hyaluronic acid.*

### The Perfect Eye

Rejuvenate puffy eyes with our treatment that soothes and reduces wrinkles and dark circles.

15/30 mins    AED 160/260

### Deep Cleansing Facial

This facial deeply cleanses, decongests and regenerates the skin. The treatment includes careful extractions and the application of a marine algae mask to leave your skin looking smooth, luminous, and youthful.

60 mins    AED 560

### Oxygen Facial

The ideal tonic for any big event, this facial gets instant results. Powerful antioxidants prevent and reduce pigmentation while hydrating the skin leaving a fast-track glow and lifting effect.

60 mins    AED 580

### Face Contour Lifting

Correct the signs of gravity-related skin weakness to achieve a more defined facial contour. Provides an instant lift for the skin, to ensure powerful bio stimulation of collagen and elastin production, restoring the structure of all layers of the skin and providing a long lasting, lifting effect.

75 mins    AED 680

## LED LIGHT THERAPY

### LED Face Therapy and Anti-aging Massage

This treatment supports cell structure and strengthens the epidermis, promoting cellular activity.

Targeted massage encourages optimum cellular function for nourished, younger looking skin.

30/60 mins    AED 280/420

## FACE BY KNESKO

*This A-list favourite, embraces both science and spirituality. The Knesko collection includes a series of expertly developed gemstone-infused, premier collagen masks designed to revitalise, brighten, heal, and hydrate the skin.*

Knesko Eye Mask	AED 63
Knesko Face Mask	AED 105
Knesko Décolleté	AED 105

### 24 Karat Gold

Instantly repair and firm your skin with this 24 karat nano gold treatment. This indulgent and hydrating facial combines the healing and anti-aging powers of this precious mineral to reduce the appearance of fine lines and inflammation, redness, and puffiness.

60 mins    AED 680

### Diamond Radiance

Dramatically restore youthful radiance with this diamond-infused treatment. This indulgent and luxurious facial combines the healing and anti-aging powers of this exceptional gemstone, resulting in a reduction in the appearance of fine lines and wrinkles, while minimising the signs of stress and fatigue.

60 mins    AED 680



## HEART & SOUL HAIR SERVICES

### Hair Styling

Monthly blow dry package	AED 900
Haircut and blow dry	AED 285/305/325
Haircut and blow dry with style	AED 315/337/420
New style haircut and blow dry	AED 336/357/378
New style haircut and blow dry with style	AED 367/420/472
Blow dry	AED 126/157/189
Blow dry and style	AED 150/200/250
Updo and upstyle	Upon consultation

### Short/Medium/Long

### Hair Colour

Toner	AED 157
Roots colour	AED 262
Roots colour ammonia free	AED 315
Full head colour	AED 367/472/577
Full head colour ammonia free	AED 399/504/609
Colour change and colour correction	Upon request
Half head highlights	AED 478/525/630
Full head highlight / Balayage	AED 630/735/840
Hair extensions	Upon Request

### Hair Treatments

Protein GK Best	From AED 1,155
Keratin Resistant	From AED 945
Kevin Murphy (with quick dry)	From AED 210
Deep Conditioning (with quick dry)	From AED 210

\*\* 5% VAT included in all services

## HEART & SOUL NAIL SERVICES

**Signature Manicure** 75 mins AED 173

**Signature Pedicure** 75 mins AED 183

**Signature Combo** AED 315

### Bio Gel Overlay (Reinforced / 5 layers)

Clear / Natural Overlay 70 mins AED 252

Color Overlay 80 mins AED 294

French Overlay 90 mins AED 367

### Silk

Silk Repair (per finger) 10 mins AED 37

Gel Extension Repair 30 mins AED 42

### Bio Gel Lengthening / Extensions Form Bio Sculpture

Natural 120mins AED 350

Color 140mins AED 399

French 150mins AED 441

Removal / Soak Off 15- 20mins AED 42

Acrylic Removal 15- 20mins AED 84

Classic manicure/pedicure  
with nail polish 45/60 mins AED 95/105

French manicure/pedicure 60 mins AED 105/115

Gel manicure/pedicure 75 mins AED 168/178

Gel French manicure/pedicure 80 mins AED 178/189

Polish change (hands/feet) 20 mins AED 57/68

Nail shaping (hands/feet) 30 mins AED 52/63

Callus treatment 30 mins AED 84

Gel removal AED 42

## HEART & SOUL NAIL SERVICES

### Pampering Plus

It's time to treat yourself to a little something extra.

Book an add-on with any of your treatments or services to get the most out of your time.

Face reflexology	20 mins AED 126
Foot massage	30 mins AED 160
Tension release	30 mins AED 160
Back massage	30 mins AED 260
Eyelash Lifting	60 mins AED 367
Eyebrow Lamination	30 mins AED 260

### Little Ladies Beauty Services

Your mini-mes matter. All our children's products are  
100% natural and toxin-free.

Hair cut	AED 84
Fringe trim	AED 42
Wash and blow dry	From AED 84
Hair styling/braids	From AED 84

## HAIR REMOVAL

### Waxing

Upper lip/chin	AED 40/40
Under arms	AED 85
Chest/bottom	AED 68/85
Eyebrows	AED 65
Eyebrows to forehead	AED 78
Full back/stomach	AED 105/68
Full arms/half arms	AED 115/65
Brazilian	AED 126
Full face/half face	AED 136/75
Full legs/half legs	AED 157/85
Full bikini/bikini line	AED 194/162
Full body	AED 577
Full body (bikini included)	AED 682

### Threading

Upper lip/chin	AED 52/47
Eyebrows	AED 84
Full face/half face	AED 157/84

### Tinting

Eyelash	AED 89
Eyebrows	AED 105

### Eyelash Extensions

Full set express lashes	AED 315
Cluster lashes	AED 315
Full set eyelash extensions	2h - AED 630
Eyelash Removal	AED 53

## HEART & SOUL PACKAGES

### Simply Soul

Classic manicure, pedicure, and tension point massage  
75 mins    AED 270 (available midweek)

### For your Heart & Soul

Full Body Exfoliation  
&  
Personalised massage  
90 mins    AED 630

### Face & Body Recharge

Scrub & Facial  
&  
Personalised massage  
140mins    AED 1100

### You & Me

Full Body exfoliation  
& Couple massage  
90mins    AED 1,200

### Beautifully Barari

Royal Hammam  
& Personalize Massage  
120mins    AED 900

### Couples Massage

60mins    AED 840  
90 mins    AED 1260

\*Not valid in conjunction with other promotions or discounts

\*\* 5% VAT included in all services



From the moment you enter the spa, our experienced team of specialists are there to cater to your personal needs.

### **Etiquette**

We recommend that you book in advance to ensure your preferred appointment time and service are available. Heart & Soul provides walk-in bookings based on availability.

The minimum age requirement for access to the spa is 16 years old, with the exception of select treatments.

### **Arrival**

Please arrive 20 minutes before your appointment slot to avoid reduction in your service time.

### **Belongings**

Please leave valuables in your changing room locker. The spa does not assume liability for any valuables.

### **Medical Conditions**

It is essential that you inform us in advance of any health conditions, pregnancy, past surgery, allergy, medication or injury which could affect your service when making your spa reservation.

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