



heart & soul
al barari



heart & soul
at barari

Born of Nature. Devoted to You.

Where the ancient intelligence of the earth meets the architecture of inner harmony. Welcome to a sanctuary conceived for those who seek more than restoration. This is a living philosophy.

Rooted in the lush, breathing landscape of Al Barari, our world of wellness unfolds like a rare bloom - unhurried, intentional, exquisite. Verdant vistas stretch endlessly beyond, a living canvas inspiring our approach: to honour the body, illuminate the mind, and awaken the deepest resonance of the soul.

We do not simply offer treatments. We curate rituals. Each one a precise choreography of nature's most potent offerings, distilled into an experience that is entirely, unapologetically yours.

Surrender to therapeutic massage, reflexology, couture facials, the timeless ceremony of the hammam, and a full atelier of hair, body, and nail services, each delivered with the quiet mastery of true craft.

A woman in a white, form-fitting dress is walking through a glass-enclosed space, possibly a modern architectural feature or a walkway. The scene is captured from a high angle, looking down through the glass. The woman is in motion, slightly blurred, and is walking towards the camera. The floor is made of large, light-colored tiles. The walls and ceiling are also made of glass, with dark metal frames. The lighting is dramatic, with strong shadows cast across the floor and walls, creating a rhythmic pattern of light and dark. The overall atmosphere is serene and contemplative.

The Space Where
Heart & Soul Align

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

60/90 mins AED 980/1400

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.

Rebirth Magnesium Immersion

80/110 mins AED 680/930

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.

Soul Signature Thai Healing

60/90 mins AED 620/860

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.

INSPIRED BY THE EARTH

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

Himalayan Healing

60/90 mins AED 620/900

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.

Healthy Scalp Restoration Treatment

60/90 mins AED 560/800

Rebalance the mind and body with our immersive head spa experience. Relax as a gentle scalp exfoliation purifies and refreshes, followed by expert acupressure techniques designed to stimulate circulation and release tension. Warm steam therapy nourishes the hair, enhancing softness and natural shine. The journey concludes with deeply hydrating oils and a soothing facial massage, leaving you feeling restored, radiant, and completely renewed.

Thai Herbology

60/90 mins AED 620/900

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.

** 5% VAT included in all services

HEALING HEART

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

Hot Stone

60/75/90 mins AED 620/700/900

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

Deep Tissue

60/75/90 mins AED 580/720/800

Detoxify your body and improve blood circulation. Deep, intensive pressure transforms muscle tensions.

Reflexology

30/60 mins AED 350/600

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

Jet Lag

60/75//90 mins AED 580/720 /800

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.

HEALING HEART

Traditional Thai

60/75/90 mins AED 620/700/900

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.

Mom-To-Be

60/75/90 mins AED 600/750/900

This relaxing full body massage uses safe, pre-and post-natal techniques.

Maderotherapy - Reshaping Massage

45/60 mins AED 520/660

Maderotherapy package of 6 x 45 mins AED 2,880

Package of 6 x 60 mins AED 3,400

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.

Royal Hammam Ritual

60 mins AED 820

The ritual begins with a steam and scrub using Ghassoul mineral clay and a regenerating Argan oil massage.

** 5% VAT included in all services

Biologique Recherche Personalized Facials

Indulge in a collection of highly bespoke treatments inspired by advanced French skincare expertise, where precision, performance, and personalization come together. Each facial is meticulously tailored to your skin's evolving needs, combining expert techniques with potent, results-driven formulations to restore balance, refine texture, and reveal a luminous, healthy complexion. A truly elevated experience designed for visible transformation and lasting skin vitality.

Biologique Recherche Express Facial

45 mins AED 650

Biologique Recherche Transformation Ritual

60 mins AED 850

Biologique Recherche Intense Skin Correction

90 mins AED 1,300

Biologique Recherche Complete Skin Reset

120 mins AED 1,450

Biologique Recherche VIP O2

60 mins AED 850

A revitalizing oxygen infusion facial designed to energize the skin, boost radiance, and restore optimal hydration. Enhanced with advanced techniques, it promotes a brighter, more even complexion while supporting overall skin health and vitality.

BR Eye Treatment for Brightening and Repair

30/45 mins AED 390/590

BR eye treatment ideal for relieving tired eyes, this treatment can be experienced on its own or combined with any other service. Using expert drainage and acupressure methods along with refreshing cold compresses, it helps minimize the look of fine lines, wrinkles, puffiness, and dark circles for a more revitalized appearance.

Men's Facial Skin Reset & Relief

60 mins AED 850

A high-performance treatment mixing powerful formulas with expert techniques, specifically designed for men's skin and lifestyle. Skin appears fresh, energised and healthier after one session.

Yellow Rose

Golden Line Ginger Body Treatment

60/90 mins AED 580/690

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.

Ginger Scrub

30 mins AED 350

Deluxe Hyaluronic Facial

60 mins AED 680

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.

** 5% VAT included in all services

LED Light Therapy

LED Face Therapy and Anti-aging Massage

30/60 mins AED 320/450

This treatment supports cell structure and strengthens the epidermis, promoting cellular activity. Targeted massage encourages optimum cellular function for nourished, younger looking skin.



HEART & SOUL HAIR SEVICES

Hair Styling	Short/Medium/Long/ Extra Long or Thick
Fringe Cut	AED 92
Hair Trim and Quick Dry	AED 190/230/270
Hair Trim w/ Blow Dry	AED 315/355/385
Haircut w/ Quick Dry	AED 315/355/385
Haircut and Blow Dry	AED 355/395/435
Haircut and Blow Dry with Style	AED 375/405/435/465

Blow Dry with Style

Blow Dry w/o Wash	AED 140/170/200/230
Blow Dry Straight w/ Wash	AED 155/185/215/245
Blow Dry w/ Brush Curls	AED 175/200/235/265
Blow Dry w/ Styling (Iron Curls)	AED 200/240/280/320
Straight or Iron Curl Style w/o Wash	AED 140/170/200/230

Updo and Upstyle

Upon Consultation	AED 240/280/320/360
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Hair Colour

Toner w/ Quick Dry Only	AED 180/280/380/480
Platinum Roots	AED 600
Roots Colour Ammonia Free w/ Quick Dry Only	AED 380
Roots Colour Ammonia Free w/ Blow Dry	AED 480
Full Head Colour Ammonia Free	AED 450/580/680/780
Colour Change and Colour Correction	Upon Request
Toner w/ Quick Dry Only	AED 180/280/380/480
Face Framing Highlights	AED 350
Half head Baby highlights	AED 640/770/900/1000
Full head Baby highlight	AED 770/890/1020/1150
Full Head Bleached Highlights	AED 650/800/950/1100
Low Lights	AED 480/580/680/780
Balayage/Foilyage	AED 762/912/1062/1212
Hair extensions	Upon Request

HEART & SOUL HAIR SEVICES

Hair Treatments

Kevin Murphy (with quick dry)	AED 250/300/350/400
GK Deep Conditioning (with quick dry)	AED 230/275/340
Botox/Protein/Keratin	AED 1271/1471/1671/1871
B'B Creame Anti-Frizz	AED 730/880/1010/1140

Add On's

K18	AED 300
Vitamino Colour Mask	AED 100
Absolute Repair Mask	AED 100
Deep Conditioning Mask	AED 150
Braids	AED 120
Blow Dry	AED 100

HEART & SOUL NAIL SERVICES

Signature Manicure	AED 198
Signature Pedicure	AED 209
Signature Combo	AED 374

Bio Gel Overlay (Reinforced / 5 layers)

Clear / Natural Overlay	AED 277
Color Overlay	AED 323
French Overlay	AED 404
Bio Sculpture Gel Hand/Feet	AED 200/220
Bio Extension One Finger Repair	AED 46

Silk

Silk Repair (per nail)	AED 41
Gel Extension Repair (per nail)	AED 46

Add On's

Ombre Regular/Gel Color	AED 90
Aura Nails Regular/Gel	AED 85/90
Cat Eye Nails Gel	AED 85
Bio Extension Refill	AED 250
Basic Nail Art Full Set Gel	AED 150

Additional Services:

Shape and Polish	AED 85
Gel Base/Top Coat Only	AED 65

HEART & SOUL NAIL SERVICES

Bio Gel Lengthening / Extensions

Form Bio Sculpture

Natural	AED 385
Color	AED 439
French	AED 485
Removal / Soak Off	AED 46
Acrylic Removal	AED 92
Classic Manicure/Pedicure	AED 121/132
French manicure/pedicure	AED 127/138
Gel manicure/pedicure	AED 210/220
Gel French manicure/pedicure	AED 207/218
Polish change (hands/feet)	AED 72/83
Nail shaping (hands/feet)	AED 77/88
Callus treatment	AED 105
Gel removal	AED 46

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.

Bio Gel Overlay (Reinforced / 5 layers)

Face reflexology	20 mins AED 150
Foot massage	30 mins AED 180
Tension release	30 mins AED 160
Back massage	30 mins AED 260
Eyelash Lifting	60 mins AED 367
Eyebrow Lamination	30 mins AED 280

** 5% VAT included in all services

LITTLE LADIES BEAUTY SERVICES

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

	Short/Medium/Long
Princess Hair cut w/ Wash and Blow dry	AED 120
Princess Hair Trim w/ Wash and Blow dry	AED 60/90/120
Fringe Trim	AED 46
Wash and Blow Dry	From AED 92
Hair Styling/Braids	From AED 92

HAIR REMOVAL

Bio Gel Lengthening / Extensions

Waxing

Upper lip/chin	AED 62/57
Under arms	AED 94
Chest/bottom	AED 75/94
Eyebrows	AED 72
Eyebrows to forehead	AED 86
Eyebrow's Shaping	AED 102
Full back/stomach	AED 116/75
Full arms/half arms	AED 127/72
Brazilian	AED 139
Full face with eyebrows/without eyebrows	AED 160/190
Half Face	AED 92
Side Face	AED 62
Full legs/half legs	AED 173/94
Hollywood	AED 235
French Wax	AED 178
Bikini Line	AED 120
Nose/Ears	AED 40
Full Body	AED 635
Full Body (bikini included)	AED 750

HAIR REMOVAL

Threading

Upper lip/chin	AED 57/52
Eyebrows	AED 92
Full Face without eyebrow/with eyebrow	AED 150/180
Side Face	AED 52
Half Face	AED 92

Tinting

Eyelash	AED 98
Eyebrows	AED 116

Eyelash Extensions

Full set express lashes	AED 347
Cluster lashes	AED 347
Full set eyelash extensions	AED 693
Eyelash Removal	AED 58

HEART & SOUL PACKAGES

Simply Soul

AED 320

(Available Midweek)

Classic manicure, pedicure, and tension point massage.

Couple's Massage

60 mins AED 1200

75 mins AED 1500

90 mins AED 1800

*Not valid in conjunction with other promotions or discounts

** 5% VAT included in all services



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From the instant you arrive, our team of specialist therapists is devoted entirely to you, your needs, your rhythm, your experience.

Reservations

To secure your preferred time and treatment, we kindly recommend booking in advance. Walk-in appointments are welcomed, subject to availability. Our Spa is open to guests aged 16 and above, with select treatments available for younger guests upon consultation.

Arrival

We invite you to arrive 20 minutes before your appointment, a moment to breathe, to transition, and to leave the outside world behind.

Your Belongings

Secure lockers are provided within your changing suite for your peace of mind. We kindly ask that valuables be stored accordingly, as the spa is unable to assume responsibility for personal items.

Your Wellbeing

Your safety is sacred to us. When reserving your treatment, please share any health conditions, allergies, medications, past surgeries, injuries, or pregnancy with our team, so that we may tailor your experience with the utmost care.





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