

emirates

DECEMBER 2008

WOMAN

Eva Mendez
Hollywood
new 'It' girl

24-HOUR
FABULOUS
SKIN

FASHION'S
BIG EASY
HIGH HEMS
AND PRETTY
BOWS

THE TRUTH
ABOUT
DIVORCE
HOW TO
MOVE ON

SPEED
BEAUTY
30 QUICK
FIX TIPS

100+ Pages Of Hot
Winter Styles



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FOR WOMEN OF STYLE AND SUBSTANCE

local report

Photography by Vikram Gawde
Styled by Sophie Jones-Cooper
Shot on location with thanks to Shangri-La
Hotel, Qaryat Al Beri, Abu Dhabi

It's Never Too Late

Figure your career is over now you have a family?
Katie Boucher meets four women who refused to believe
they'd reached their sell-by date





Sharon Moore is 37 and owns Sharanis Wellness Spa in Khalifa City, Abu Dhabi, which she opened in November last year. She is married with three children and lives in Abu Dhabi

I have always had a passion for beauty and wellness and, having been in the spa industry for 15 years, always dreamed of opening my own. I oversaw 13 spas in Thailand and with so many clients with different needs, it gave me the ability to appreciate it from their perspective. Being involved in the financial side as well meant I learnt ways of cutting costs and motivating staff.

When we moved to Abu Dhabi in 2006, I realised that no one was focusing on natural ways of treating people. I faced huge challenges whilst setting up my spa here. Nothing moves quickly and there is endless red tape. It was also very difficult to find a local partner I could trust and who understood my concept. Then there was finding the perfect property, which took three months. I wanted it to be a sanctuary – out of the city and difficult to find. We got there eventually though and I knew it had all been worth it within six months of opening, when the booking sheet was full for the first time. Seeing clients coming out of their treatments and hearing good feedback was great too. I suppose the only thing I would have done differently would be to make our spa bigger, because we are so busy.

It is much harder to balance my professional and personal life, now that I have my own business. Last year, when we were setting up, I was working 12-hour days, but this year things have improved. We are a very close family and have dinner together every night, no matter how late it is, where we discuss the highs and lows of our days. My friends also know that I don't take any calls on Friday, when I get to spend a whole, uninterrupted day with my family. I love having full control over how the spa operates and being able to provide a proper service to my clients; it gives me a huge sense of achievement. Some mornings, I pull up at the spa and think, 'I did this'. The only downside is the huge draw on my time but it's so gratifying, I don't mind. I couldn't have done this 10 years ago; I wouldn't have had the skills to manage people and situations like I do now. Having a go at running other people's businesses also gave me the distance I needed in order to run my own.

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