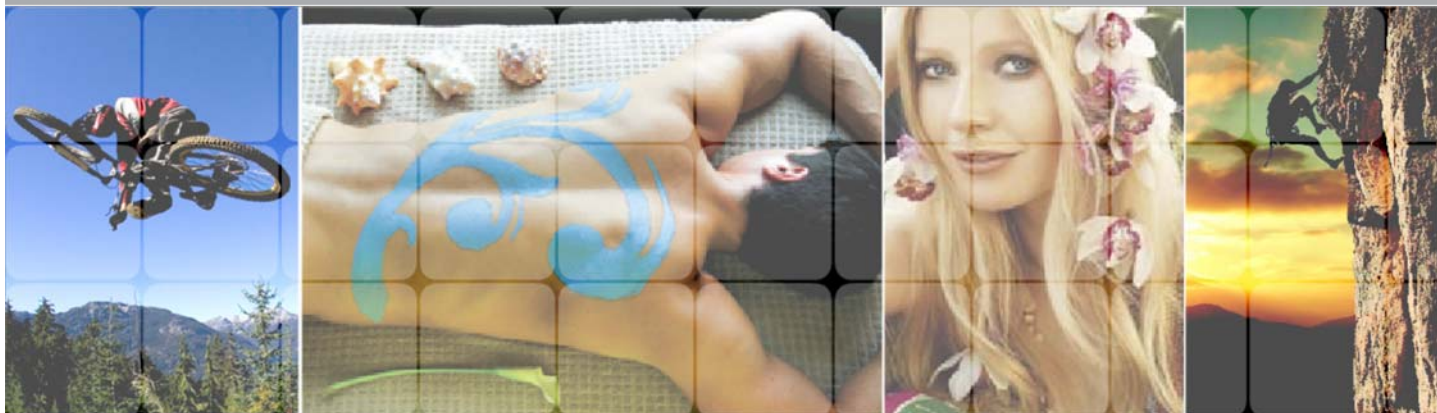


-->



**GOODLIVING**  
The secrets of well-being



March 08 Issue>>

- ▶ REGULAR FEATURES
- ▶ MIND BODY & SOUL
- ▶ LIFE & STYLE
- ▶ TRAVEL
- ▶ SUBSCRIBE

■ WELCOME TO **GOOD LIVING**

● **Mind Body & Soul**



### The epitome of well-being

*Building a name for itself through hard work and expert knowledge, Sharanis Spa in Abu Dhabi is well equipped to provide a full day of pampering*

Words by: Rachel Bruce  
**Good Living April 2008**

#### Ambience

The blend of Thai and Indian cultures are apparent immediately in the décor, fused with modern, contemporary furnishings it sets a very urban, relaxed atmosphere, from the huge wooden Buddha plaques to the flowers and velvet draped around all rooms. The spa is large and open with several private and specialised areas for all your wellness needs, the true definition of 'me time' is accomplished and begins as soon as you walk in through the doorway.



#### What's so special?

The spa was once a residential villa, but has been completely renovated by managing director, Sharon Moore to make the three-storey building a haven of well-being. The treatment list is plentiful as well as traditional. Sharanis spa not only offers wellness treatments, but beauty packages as well. Hand and foot treatments, manicures and pedicures alike are all available in the nail salon with large, reclining chairs, Desperate Housewives on DVD and a loan of an iPod means all needs are catered for. Sharanis has its own hair salon on-site which is a very popular choice with clients. At the peak of the spa lies a gymnasium-type room, but no exercise will be taking place here. The varnished wood floors are for relaxing techniques only, where yoga classes and even belly dancing lessons take place on a regular basis.

#### Signature treatment

The Spa Siam massage is a treatment held with high regard. Professional and experienced therapists work to cleanse, exfoliate and moisturise while pummelling away evidence of your daily grind. Using the natural Spa Siam products direct from Thailand, labelled 'the pure essence of Thailand in a bottle,' the scents and soft skin post-treatment explain why.

#### **Don't miss**

The Ranis suite should definitely be tried out if it's pampering you're looking for. The Indian-themed room is kitted out with two treatment beds, flat screen TV, rain shower and bath, not to mention the captivating decoration and aroma the room boasts. This suite can be booked out for a full eight-hour day and would be ideal for someone with a day to spare and the hope of escaping reality. Choose your treatments, relax in a jet bath and watch a movie through the mammoth glass panes separating the private bathroom.

#### **Tried and tested**

On setting foot into the converted villa, you're greeted warmly and taken to the coffee shop area, decked out with muffins and bright seats. Once in the spa treatment room you have the area to yourself to change and prepare, my treatment was something a little different to regular massage and I was eagerly treated to a Thai Herbal Hot Compress. Beginning as a normal massage, back and shoulders thoroughly rubbed to work out all signs of stress. Then came the hot compress part. Feeling like a hot pad of damp cloth blotting its way up my spine, that's actually what it was. Not to the point of being uncomfortable, but soothing and restful. The pressure isn't as scary as it may sound. You're in good hands with the trained therapist and the pressure is adequate. The damp, herbal pads continued on my upper legs while an oil massage pleasantly satisfied my arms and neck.

Left to my own accord once again to put my feet up in the luxurious relaxation room, where it has been known for guests to drift off into slumber on several occasions. A ginger tea and glass of water later and I was ready for the off. They even called me a taxi. A lot of thought has gone into the Sharanis spa and it shows, beautiful surroundings and tranquil comforts, long may it continue.

#### **Fast facts**

Location: Khalifa City A, Abu Dhabi

Treatment rooms: Elemis and all-natural range, Spa Siam, from Thailand

Products: Four double, two single treatment rooms as well as eight massage chairs and four hair treatment stations

Price range: A simple had or foot indulgence will cost you Dhs 70, and pay up to Dhs 1,290 for a Princess-worthy package

Opening times: Daily 9am-9pm

Tel: +971 2 5562601

Email: [info@sharanisspa.com](mailto:info@sharanisspa.com)