

CONNECT

Bahrain

The **FREE** family directory

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GREEK RESTAURANTS
IN BAHRAIN

CHILDREN'S
ACTIVITY PULL-OUT

Family
friendly

TRAVEL FOR EID

CONNECTBAHRAIN.COM

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THE SCHOOLS INDEX
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Welcome

Welcome to the Spring edition of Connect Bahrain, The Family Directory.

This special 'travel themed' edition is packed full of all of your favourite features. We have a Safari Fun Zone for the little explorers in the family, a taste of the Mediterranean with our guide to the best Greek restaurants and some ideas for an Eid Mini Break, plus some great Ramadan offers.

Our magazine is free and available throughout Bahrain. Please contact us if you would like to add a listing or advertise your business.

Don't forget to check out our website and Bahrain's first online directory www.connectbahrain.com.

With very best wishes,

Ruth Brown & Georgie Jones

Contact us on

 hello@connectbahrain.com

 [whatsapp +973 3226 8251](https://www.whatsapp.com/channel/0029va233333333333333333)

CR 159194

We have hidden 10 blue aeroplanes amongst the pages. See if you can find them! Here is the first one.



Eid mini break

Page 24



Fun zone

Page 29





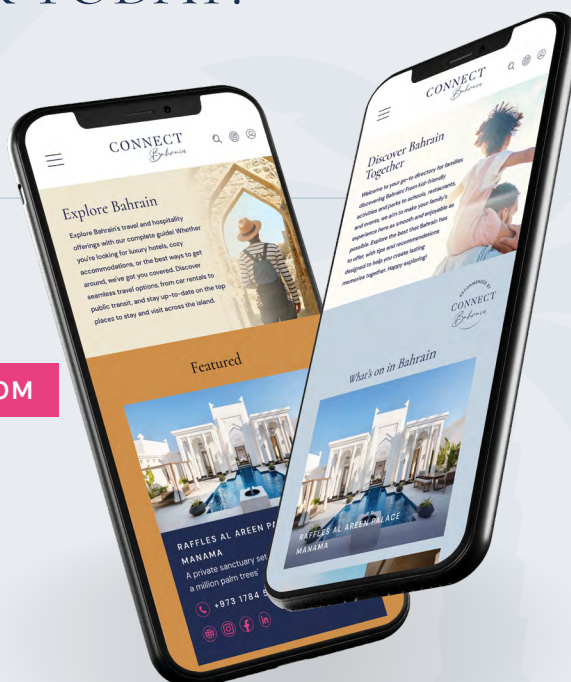
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28. Royal Golf Club
29. Saar Mall
30. Seef Mall
31. Sheikh Nasser Cycling Loop
32. Sitra Mall
33. The Lost Paradise of Dilmun Water Park
34. Tree of Life



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E. admissions@school.st-chris.net

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Things to do



ART & CRAFT

A'ali Pottery
A'Ali 3946 2436
@aali.pottery

Al Jasra Handicraft Centre
Al Jasra 1729 9879

Al Riwaq Art Space
Manama 1771 7441
@alriwaq

Artology
Saar 3679 0785
@artology.bh

Artly
A'ali 1762 1802
@artlybh

Art Lounge by Marion
Saar 3921 2060
@artloungebymarion

Art World
Manama 3766 9266

Aurians Academy of Arts
Riffa 3323 2895
@aurians.bh

Bahrain Arts Society
Jidhafs 1759 0551
@bahrainartssociety

MiniMe Bahrain
Saar 3376 1361
@minime_bahrain

Mosaic House
Al Maqsha 3925 3943
@mosaichousebahrain

Life in Music
Sanad 1762 5583
@lifeinmusicbahrain

Palitra Art Studio
Manama 3411 5037
@palitra_studio

Sard Child's Cultural House
Manama 1728 0281

Smart Kids Academy
Manama 3343 3595
@smartkids_academy

Studio Ceramics
Budaiya 1700 2911
@studioceramicsbh

The Art Scene
Riffa 3801 0011
@artscene.bh

Touch of Art
Budaiya 1728 0022
@touch.of.arts

Twinkle Twinkle
Saar 1770 0412
@twinkletwinklecenter

Wild about Art
Juffair 3330 7249
@wildaboutartcoo

BRIDGE

Bridge at the British Club
Manama 3940 7780
@britishclubofbahrain

CHESS

Arjun's Chess Academy
Bahrain
Zinj 3319 0004
@aca.bh

Bahrain Chess Academy
Seef 1755 4424
@chess.bh

Bahrain Chess Culture
Isa Town 3733 4949
@bhchessculture

Bahrain Chess Club
3920 0111

CLIMBING

Funscape World
Mall of Dilmunia 1330 0220
@funscapebh

Adventure Hub
Galleria Mall 3353 1166
@adventurehubme

The Crag Rock Climbing
Zallaq 3888 5655
@thecragbh

COOKING CLASSES

Cooking with Gica
Manama 3503 8336
@cookingwithgica

Kitchen United Cooking Class
Riffa 3350 3000
@kucokingclass

A Piece of Cake
Budaiya 3900 1155
@a_piece_of_cakebh

DANCE & BALLET

AADS Artistic Productions
Manama 3355 7266

Bahrain Ballet Center
Budaiya 3371 9180
@bahrainballetcenter

Dynamnic Arts Centre
Manama 3370 3299
@dynamic_arts_centre

Harmony Music Centre
Budaiya 3646 4360
@harmony_bmc

IIPA Indian Institute for Performing Arts
Manama 1723 1717

Victoria Dance
Hamala 3987 6215
@victoriadancebh

DRAMA

IIPA Indian Institute for Performing Arts
Manama 1723 1717

Manama Theatre Club
Brit Club 1772 8245
@mtcbahrain

Makan School of Speech & Drama
Saar 6669 0030
@makankom

Victoria Dance
Hamala 3987 6215
@victoriadancebh

E SCOOTERING

E Scooter
Bahrain Bay 3366 8788
@escooter.bh

E-Rental Golf Carts
Durrat 3366 8788
@erental.bh

FRIENDLY ACTIVITIES FOR NEURODIVERSE CHILDREN

Fitness 365
Janabiya 3957 1334
@fitness365bh

Ninja Academy
Marassi 3382 4626
@ninjaacademy.b

LIFE SAVING

Royal Life Saving Bahrain
Rookie Lifesavers
Manama 3200 1113
@rlsbahrain

MUSIC

Abhimanyu Guitar Academy
Tubli 3930 5771
@abhimanyu.guitaracademy

Bahrain Music Institute
Isa Town 3225 0619
@bahrain_music

British School of Bahrain
Hamala 1761 0920
@britishschoolbahrain

Eighty Eight Keys Music Academy
Jannusan 3217 7703
@eighteightkeysbh

Harmony Music Center
Budaiya 1362 2002
@harmony_bmc

Life in Music
Nuwaidrat 3679 8866
@lifeinmusicbahrain

Manama Singers
Janabiya 3932 6227
@manamasingers

Room 2 Rock
Saar 1761 1785
Adliya 1774 5203
@room2rock

Seoul Music Center
Seef 3987 6304
@seoulmusicbh

Unigrad Acoustics
Manama 3389 9463



Victoria Dance
Hamala 3987 6215
@victoriadancebh

PAINTBALLING

Paintball Bahrain
Hidd 3777 9399
@paintball.bh

PLAY GROUPS

Budaiya Pre – School
Saar 1779 1491
@budaiya_preschool

Learn to Grow
Janabiya 3223 4456
@learntogrow.bh

Little Chris
Saar 1760 5101
@littlechrisbh

Little Gems
Saar 1769 4356
@littlegemspreschoolbahrain

Twinkle Twinkle
Saar 1770 0412
@twinkletwinklecenter

Yellow Submarine
Saar Mall 3990 0994
Wadi Al Sail 3805 6666
@yellowsubmarinebh

SCIENCE

Mad Science Bahrain
Budaiya 3971 0055
@madsciencebh

TRAMPOLINE PARKS

Jump up
Tubli 3355 1225
@jumpup.fun

Jumpoline
Seef 7791 1206
Isa Town 6672 1796
@jumpoline.bh

Jumpsters
Saar 1769 1558
@jumpsters_bh

CINEMAS

Al Hamra Cinema
Manama 1725 8900

Cineco
Riffa 1725 8900
@cineco.bh

Cinepolis
Saar 3899 9770
@cinepolis.bahrain

Novo Cinema
Seef 1710 0121
@novocinemabh

Vox Cinema
The Avenues 6674 8397
@voxbahrain

Vox Cinema
City Centre 6674 8397
@voxbahrain

BEACHES

Al Bander Hotel and Resort
Sitra 1770 1201
@alibanderhotelandresort

Al Dar Islands
Sitra 1770 4600
@aldarlands

Bahrain Yacht Club & Marina
Sitra 1770 0677
@thebahrainyachtclub

Dragon Resort
Amwaj 1603 1111
@dragonhotelbh

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Golden Beach
Hawar Islands from Al Dur
Jetty
Manama 3200 0149
@hawariland.bh

Jumeirah Gulf of Bahrain
Zallaq 7777 1000
@jumeirahgulfofbahrain

Marassi Al Bahrain
@marassibeach

Novotel Al Dana Resort
Manama 1729 8008
@novotel_bahrain

Ritz – Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Royal Saray
Seef 7770 7070
@royalsaray

Sofitel Hotel
Zallaq 1763 6347
@sofitelbahrain

Solymar Beach
Amwaj 3509 4777
@solymarbahrain

The Art Hotel and Spa
Amwaj 1600 0111
@theart.bh

Vida Beach Resort
Marassi Al Bahrain 7748 8100
@vidabahrain

BOAT TRIPS

Al Dar Islands
Sitra 1770 4600
@aldarlands

Bahrain Yacht Club
Sitra 1770 0677
@thebahrainyachtclub

Blue Ocean Boats
Amwaj 3722 1010
@blueoceanmarine

Kashta Tours
Manama 3212 2163
@kashta.tours

Sea Star Marine
Amwaj 3707 8888
@seastarmarinebh

Seeb Marine
Seef 3352 5999
@seebmarinebh



DAYS OUT

Flip n Fun Gymnastics
Janabiya 3889 4111
@flipnfun.bh

Fun Factory
Manama 3962 2413
@funfactory.bh

Tee Up Golf Simulator
Amwaj 3800 1197
@teeup.bh

Adhari Park
Tubli 1740 7300
@adharipark
4pm – 10pm

Al Areen Wildlife Park
Al Areen 1784 5480
@alareen.bah
10am – 5pm

Bahrain International Circuit
Sakhir 1745 0000
@bah_int_circuit

Bahrain Science Center
Isa Town 1768 6466
@mys_yc_bsc
10am – 1pm / 4pm – 8pm

Bahrain Fort
Seef 1756 7177
10am – 8pm

Escape Code
Saar 1750 0023
@escape.code
10am – 11:30pm

Gravity Indoor Skydiving
Zallaq 1310 0000
@gravitybah
12pm – 10pm

Kashta Tours
Manama 3212 2163
@kashta.tours

La Fontaine
Hooraa 3881 9909
@lafontaine.bh

Lost Paradise of Dilmun Water Park
Al Areen 1784 5100
@lpodwaterpark
10am – 7pm

Rashid Equestrian & Bahrain International, Horseracing Club
Sakhir 1744 033
@rehc.bh

Royal Camel Farm
Janabiya 1788 1188
@camelfarm_bh
10am – 5:30pm

Star Marine
Saada 3879 7979
@starmarinebah

CULTURE

A'ali Burial Mounds
A'ali Open 24 hrs
A'ali Pottery 3985 6994
@aalipottery
10am – 6pm

Abo Helal Basket Weaving
Manama 3969 1330
@buhelal_basket

Al Jasra Handicraft Centre
Jasra 1729 9879
10am – 7pm

Qal'at Al Bahrain
8am – 10pm Monday closed

Arad Fort
Muharrag 1729 8777
12pm

Bab el – Bahrain Souq
Manama 3445 1280
@manama_shopping

Bahrain Capital Mall
Seef 1710 2369
10am – 9pm

Beit Al Quran Museum
Manama 1729 0101
10am – 2:30pm

Delmon Pottery
Aali 3535 9151
@delmon_pottery

Grand Mosque (Al Fateh Mosque)
Manama 1772 7773
10am – 4pm

Rashid Al Oraifi Museum
Muharrag 1733 5616
10am – 5pm

Riffa Fort
Riffa 1729 8777
10am – 5pm

Shaikh Isa Bin Ali House
Muharrag 1733 4945

Shaikh Ebrahim Center for Culture
Muharrag 1732 2549
@shaikhebrahimcenter

Siyadi House
Muharrag 3323 3521
@pearlingpathbh

BAHRAIN AUTHORITY FOR CULTURE & ANTIQUITIES

Bahrain National Museum
@culturebah
8am – 8pm – Tuesday closed

Bahrain National Theatre
1729 8777
8am – 8pm Tuesday closed

Al Jasra Crafts Centre
8am – 2pm Friday closed

Qal'at Al Bahrain Site Museum
8am – 8pm Monday closed
@Pearlingpathbh

Qal'at Bu Mahir
10am – 6pm Tuesday closed

Arad Fort
9am – 5pm Friday closed

Al Jasra House
8am – 2pm Friday closed

Tree of Life Site
8am – 5pm

Al Alawi House
10am – 6pm Tuesday closed

Bani Jamra Textiles Factory
3.30pm – 7pm & 1pm – 8pm
Friday closed

House of Basket Weaving
8am – 1pm Friday closed

PEARLING PATH

Pearling Path Visitor & Experience Center
10am – 6pm Tuesday closed

Badr Ghulum & Turabi Houses
10am – 6pm Tuesday closed

Al Jalahma House
10am – 6pm Tuesday closed

CONCERTS

Beyon Al Dana Amphitheatre
@beyon_aldana

Bahrain National Theatre
Manama

Exhibition World Bahrain Sakhir
@ewbahrain

Platinumlist Bahrain
@platinumlistbh



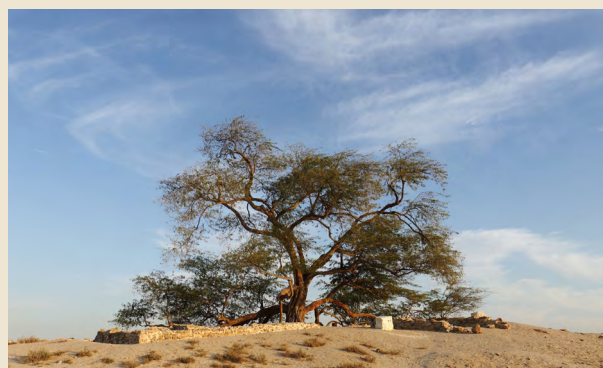
Explore Bahrain

Some
weekend
inspiration

Friday

Begin your Friday morning in Muharraq, one of Bahrain's most historic areas and an easy place to explore with children. Follow the Pearling Path, with narrow walkways and restored traditional Merchant houses. You can learn about Bahrain's pearl-diving history while enjoying the charm of the old neighbourhoods. Stop for coffee and try the traditional local bread from one of the 'hole in the wall' bakeries.

In the late afternoon, visit Qal'at al-Bahrain, or Bahrain Fort as it is also known. Children love exploring the paths of the ancient fort, while parents can take in views of the sea and learn about the UNESCO archaeological site. Try to time your visit just before sunset, when the cooler temperatures and golden light make it quite magical. During Ramadan you can watch the Iftar Canon here. This is a single shot to mark the end of the day's fast and the start of Iftar. Finish the day with a relaxed, early dinner at GB café just next door. Delicious food, excellent service and wonderful views.



Saturday

Start Saturday with a morning visit to Al Areen Wildlife Park. The park is ideal for families, offering a zoo, guided vehicle tours and the chance to see animals in their natural desert environment. Morning visits are best, especially with younger children, as the weather is cooler and the animals are more active.

Head south from here for a short desert outing to the Tree of Life for some family photos.

Spend the afternoon indoors at the recently extended Avenues Bahrain, where families can enjoy shopping and casual dining under a glass roof, cleverly designed to make you feel like you're outside. The waterfront walkway is perfect for a gentle evening stroll with some fantastic views.

AIRLINES

Air Arabia @airarabiagroup	1750 5111
Air Canada @aircanada	1782 8768
Air France @airfrance	1722 0870
Air India @airindia.in	1722 0788
American Airlines @americanair	1782 6725
British Airways @british_airways	1758 7777
Cathay Pacific @cathaypacific	1722 6226
Cyprus Airways @cyprusairways	1722 0849

Egypt Air @egyptair	1724 3317
Emirates Airlines @emirates	1758 8700
Etihad Airlines @etihad	1751 9999
Gulf Air @gulfair	1737 3737
KLM @klm	1722 9747
Kuwait Airways @kuwaitairways	1722 3300
Oman Air @omanairofficial	1750 0020
Qatar Airways @qatarairways	1721 2202
Saudia Airlines @saudi_airlines	1721 1550

AIRPORT INFORMATION

Bahrain International Airport Muharraq @bahrainairport	8000 7777
Hala Bahrain Muharraq @halabahrainhospitality	1713 9002

HOTELS

Ritz-Carlton Bahrain
Seef 1758 0000
@ritzcarltonbahrain

Intercontinental Regency Bahrain
Manama 1722 7777
@interconbahrain

Al Bander Hotel and Resort
Sitra 1770 1201
@alibanderhotelandresort

Conrad Hilton
Financial Harbour 7797 7777
@conradbahrain

Coral Bay Hotel
Diplomatic Area 1731 2700
@coralbaybh

Crowne Plaza
Diplomatic Area 1753 1122
@crowneplazabahrain

Diplomat Radisson Blu
Diplomatic Area 1753 1666
@diplomaticradissonblu

Domain Bahrain
Manama 1600 0000
@domainbahrain

Downtown Rotana
Manama 1311 9999
@downtownrotana

Dragon Resort
Amwaj 1603 1111
@dragonhotelbh

Elite Resort & Spa
Manama 1731 3333
@eliteresort_spa

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Fraser Suites Diplomatic
Diplomatic Area 1616 1800
@fraserdiplomatic

Golden Tulip
Manama 1753 5000
@goldentulipbahrainhotel

Grand Swiss – Belhotel
Waterfront
Seef 1717 7333
@grandswissbelhotelwaterfront

Gulf Hotel
Manama 1771 3000
@thegulfbahrain

Hawar Resort by Mantis
Hawar Island 3218 3610
@hawarresortbymantis

Hilton Bahrain
Manama 7701 0100
@hiltonbahrain

Hilton Garden Inn Bahrain Bay
Bahrain Bay 7790 1111
@hiltongardeninnbahrainbay

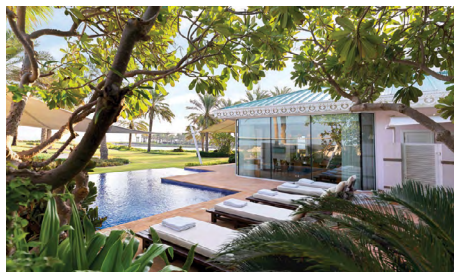
Ibis Styles
Diplomatic Area 1723 3310
@ibisstylesbahrain

Jaw Resort & Spa
Jaww 7797 9797
@jawresortbahrain

Jumeirah Gulf of Bahrain
Zallaq 7777 1000
@jumeirahgulfofbahrain

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Lagoona Beach Resort
Budaiya 1663 0000
@laguna.bh

Le Meridien
Seef 1717 1000
@lemeridienbahrain

Majestic Arjaan Rotana
Muharraq 3999 7289
@majesticarjaanbyrotana

Movenpick
Muharraq 1746 0000
@movenpickbahrain

Novotel Al Dana Resort
Manama 1729 8008
@novotel_bahrain

Palm Yard Hotel
Manama 1772 5000

Raffles Al Areen Palace Bahrain
Zallaq 1784 5000
@rafflesalareenpalace.bahrain

Ramada
Seef 1774 2000
@ramadabahrain

Ramee Grand
Seef 1711 1999
@rameegrand.bh

Ritz-Carlton Bahrain
Seef 1758 0000
@ritzcarltonbahrain

Reef Resort Hotel
Reef Island 1311 0110
@reefboutiquehotel

Royal Saray
Seef 7770 7070
@royalsaray

Sheraton Bahrain
Manama 1753 3533
@sheratonbahrain

Sofitel Hotel
Zallaq 1763 6347
@sofitelbahrain

Swiss – Belhotel
Seef 6631 0000
@swissbelhotelseef

The Address
Marassi Beach 7749 9666
@addressresortbahrain

The Art Hotel and Spa
Amwaj 1600 0111
@theart.bh

The Grove
Amwaj 1603 0303
@thegroveresortbahrain

The K Hotel
Juffair 1736 0000
@khotelbahrain

The Merchant House
Manama 1667 1000
@themerchanthousebahrain

The Westin Bahrain
Seef 1717 1000
@westinbahrain

CHERISH RAMADAN

Celebrating Heritage, Embracing Togetherness

This Ramadan, we honour the timeless heritage of Pearls, Bahrain's most precious legacy. At InterContinental Hotel, we celebrate this precious heritage, weaving its meaning into our Ramadan experience where tradition, elegance, and reflection come together in harmony.

Sunset to 8:30pm

IFTAR | **BD 28 NET** | **GHABGA** | **BD 22 NET**

including beverages

9:30pm to 1:00am

EARLY BIRD OFFER

Enjoy 50% OFF during the first week of Ramadan
IFTAR BD 14 NET | GHABGA BD 11 NET

Reservations open from now until the first week of Ramadan
T&C's apply. Offer valid for dining during the first week of Ramadan only

To make a booking or for more information,
please call **+973 17227777** or WhatsApp **+973 36967701**

Vida Beach Resort
Marassi Al Bahrain 7748 8100
@vidabahrain

Wyndham Garden Manama
Juffair 6631 6666
@wyndhamgardenbah

Wyndham Grand Manama
Bahrain Bay 1711 6116

TOUR GUIDES

Airhome Travels
Manama 3655 1214
@airhometravels

Ishtar Gate Tour & Tourism Consultancy
www.ishtartour.com 3678 8001

Sophie's Secret Bahrain
Saar 3393 3230
@sophie_secret_bahrain

CAR DEALERSHIPS

Euro Motors
Sitra 1775 0750
@euromotors_bh

Mercedes Benz Bahrain
Tubli 1778 5454
@alhaddadmotors

Java Motors Bahrain
Budaiya 1759 6626
@javamotorsbahrain

CAR RENTAL

Avis
Manama 3848 4545
@avis.bahrain

Budget
Manama 1753 4100
@budgetbahrain

EuropCar
Manama 1768 1999
@europcar

Hertz
Manam 1729 7117
@hertz

Kanoo Daily Rental
Manama 1778 4042

Rotana
Seef 1717 9030
@rotanacars

SIXT
Manama 1713 8920
@sixt

Zayani Leasing
Manama 1770 6147
@zayanileasingbh

TAXIS

Arabian Taxis
Hidd 1746 1746

Bahrain Chauffeur Limo
Manama 3306 2726

Bahrain Taxi
Manama 6696 6976

Careem
@careembah

Gulf Taxi
Manama 3444 4616

Speedy Motors
Manama 1768 2999



Food & Drink

Best Greek restaurants in Bahrain

Bahrain's dining scene is full of world cuisines and Greek food is no exception. From refined fine dining to lively family restaurants, here's our pick of some of the best Greek restaurants in Bahrain.



Rigani

Often featured among Bahrain's top Greek restaurants, Rigani at the Intercontinental, is a family favourite. It describes itself as 'fresh, authentic and just greek food' which highlights it's no fuss approach to classic Greek dishes. It is super family friendly and perfect for anyone who loves traditional Greek flavours. Top tip, they now offer takeaway too.

Manos

Manos is your neighbourhood family restaurant and an all-time favourite in Bahrain. Located at the Rugby Club (you can still eat here even if you are not a member), it describes itself as a Family Bistro and is so popular you will almost always need to book in advance. With fresh Greek favourites, great service and reasonable prices, it's no wonder this place is usually full every night of the week.

Zimari by Manos

Zimari is an outpost of Manos based in Janabiya Sqaure. It is a neighbourhood Greek bakery with homemade pastries and Greek favourites made from family recipes. Pop in for breakfast or grab a takeaway for lunch. We love the Spinach and Feta Phyllo.

Lyra

Perched by the waters of Marassi Beach at the Vida hotel, Lyra offers a modern take on Greek and Mediterranean cuisine. This restaurant brings traditional dishes like moussaka and shrimp saganaki to life with contemporary touches. A perfect spot for lunch with a view.

Astéria

Astéria is a great choice for refined Greek cuisine. Located in the heart of Adliya, this restaurant has a beautiful interior and an extensive menu offering top quality Greek style dishes. One of our favourite places for a date night.

ORLA

ORLA has become a firm favourite on the restaurant scene in Bahrain and is usually packed during the weekends. While not exclusively Greek, it has many Aegean style dishes on its Mediterranean menu. The outstanding food is complemented by cocktails and a lively, stylish atmosphere. It is ideal for brunch, dinners with friends or late-night gatherings and their roof top is one of our favourites in Bahrain.

Avli by tashas

Avli is part of the “tashas” brand. Based in Bahrain Bay, expect traditional dishes with a modern twist. The décor is one of our favourites with low lighting and olive trees. It describes itself as being inspired by ‘modern Athens and

the rustic courtyards of the Med’. Sit outside with views of the harbour and you could be easily be in Europe.

AGORA

AGORA is a restaurant, bakery and deli in one, featuring fresh Greek favourites, with strong reviews and consistent quality. Known for hearty portions, rich flavours and a welcoming ambience, AGORA is one of the local favourites. Top tip: Order their dips on Talabat, their Tzatziki is one of the best in Bahrain.

OPA Bahrain

OPA stands out for its delicious food and fun party atmosphere. The Friday brunch is very popular and has traditional touches like plate-smashing, dancing and folk music. Located at the Royal Saray Resort, this venue is ideal for a memorable meal out.



BRUNCH

Al Waha

Gulf Hotel 1774 6425
Friday 12:30 – 4pm
Buffet 23 – 29BD

Bahrain Bay kitchen

Four Seasons 1711 5500
Friday 1 – 4pm
Buffet 35 – 48BD

Baharat

Le Meridien 3320 4175
Friday 1 – 4:30pm
Buffet 25 – 36BD

Bo – Sabi

The Diplomat Radisson
Friday 1 – 5pm 3811 1474
Buffet 28 – 32BD

Bushido

Seef 1758 3555
Friday/Saturday 12:30 – 3:30pm
Buffet 25 BD – 35.5 BD

Cantina Kahlo

Ritz Carlton 1758 6401
Fri and Sat 1 – 4pm
Set menu 25 – 35BD

Choices

Art Hotel 1600 0111
Friday 12:30 – 4pm
Buffet 28 – 38BD

Circa

Friday brunch 3992 7872
Friday 1 – 5pm
Set menu 35 – 44BD

Moonlight Brunch

Thursday 9pm – 1am
Set Menu 35 – 44BD

La Mosaïque The Family Brunch

Crowne Plaza 1753 1122
Friday 12:30 – 4pm
Buffet 18 – 33BD

Cut by Wolfgang Puck

Four Seasons 1711 5044
Friday 12:30 – 3:30pm
Set menu 36BD – 50BD

El Chapo

Adliya 3773 8838
Friday 1 – 5pm
Set menu 20BD – 24BD

Escobar

Adliya 1723 1331
Friday 1 – 5pm
Set Menu 24.9 – 36.9D

Fishbone

Novotel 1729 8436
Friday 12.30 – 4pm
Set menu 38BD

Flavours on 2

Downtown Rotana 1311 9999
Friday 12 – 4pm
Buffet 18 – 25BD

Gallery 21

Manama 1771 1600
Friday 12 – 3:30pm
Buffet 19 – 34BD

Harvester

Crowne Plaza 1753 1122
Friday 12 – 4pm
Buffet 25BD

Indigo

Merchant House 1667 8666
Fri and Sat 1 – 4pm
Set menu 30 – 45BD

JJs Irish restaurant

Adliya 3384 3005
Friday 12 – 5pm
Buffet 21.9 – 31.18BD

La Med

Ritz Carlton 1758 6499
Friday 1 – 4pm
Buffet 33 – 44BD

Legendz Steakhouse

Intercontinental 3696 7701
Friday 11 – 4pm
Buffet 28 – 37BD

McGettigan's

1700 0415
Friday 12 – 4pm
Set Menu 20BD – 29BD

My Café

7734 4444
Saturday 12 – 4pm
Set menu 28 – 38/45BD

Obab Al Bahar
Jumeriah Gulf of Bahrain
7777 1000
Friday 12:30 – 4pm
Buffet 30 – 39BD

Opa

Royal Saray 3355 5244
Friday 12:30 – 4pm
Set menu 25 – 35BD

Origin Kitchen and Culture

Hilton Bahrain 3369 2013
Friday 12:30 – 4pm
Buffet 28 – 39BD

Orla

Adliya 7793 9393
Friday 12:30 – 4pm
Set Menu 38BD

Riviera by Palma

Raffles Al Areen Palace and Spa
Saturday 12-4pm 3605 7494
Set Menu 38-48BD

Pashwat

Sofitel 3888 5789
Saturday 12:30 – 4pm
28BD

Primavera
Ritz Carlton 1758 6452
Friday 12:30–4pm

Rosso

Art Hotel 1600 0111
Saturday 12:30 – 4pm
Buffet 28 – 38BD

Silk

Movenpick 1746 0000
Friday 12:30 – 4pm
Buffet 42BD

Sofitel

Zallaq 1763 6363
Friday 12:30 – 4pm
Buffet 36BD

The Village

Downtown Rotana 1311 9999
Friday 12:30 – 4pm
Buffet 18 – 34BD

The Dilmun Club

Saar 1769 0926
Friday 1 – 5pm
Buffet 12 – 18BD

Texas Longhorn

Adliya 1710 4655
Friday 12– 4pm
Set menu 16BD – 22.5BD

Trader Vics

Ritz Carlton 1758 6555
Every 1st Friday of each month
1 – 5pm
Buffet 22 – 28BD

Wild

Sheraton 1753 3533
Friday 12:30-5pm
Buffet 36 - 46BD

COFFEE & CAKE

Bruges Chocolatier

Various 3834 8470
@bruges.chocolatier

Audrey's Bakery

Tubli 3889 9021

Aroma Café

Seef 1758 2711
@aromabahrain

A Piece of Cake

Riffa 1777 7909
@a_piece_of_cakebh

Baker & Spice

Al Aali Mall 1360 9666
@bakerandspicebah

Chez Sophie

Amwaj 1603 0912
@chezsophie.bh

Cakes and Bakes

Riffa 3933 3466
@cakesandbakes.bh

Café Chantilly

Saar 1720 0071
@chantilly_bh

Café Delices

Manama 1771 3000
@cafedelicebh

Café Lilou

Adliya 1771 4440
Seef 1758 3939
@cafelilou

Café Sego

Manama 1721 1152
@cafesego

Cake Boutique

Seef 1755 2253
@cakeboutiquebh

ChocoBisc

Manama 3509 4993
@choco_bisc

Crème London

Al Liwan 6664 4323
@cremelondonbh

Crumbles

Riffa 3611 6313
@crumbles_bakery

Dose café

Water Garden City 1700 0774
@dosecafe_bh

Eastern Bakery

Mina Salman 1772 7133
@easternbakerybh

Esquires

Awali 3600 0000
@esquires_bahrain

Furn

Seef 1717 1441
@furnbahrain

GB Café

Seef 7708 7768
@greenbarcafe

Goodness

Saar 3360 0082
@goodness.bh

Grotta

Hamala 3320 0780
@grottabakery

Hala Lebnan

Reef Island 1777 2600
@hahalebnan.bh

Haute Cafe and Patisserie

Seef 1758 6363
@Hautecafebh

Hopscotch

Saar 1769 1124
@hopscotch.bh

Eating the *hungryfifi* World Without Leaving Bahrain

One of the many joys of living in Bahrain is how easily you can eat your way around the world without ever packing a suitcase.

On any given week you can start your morning with Greek pastries, lunch on Pakistani comfort food, snack on Belgian pastries, sit down to Palestinian dishes steeped in memory and finish with Peruvian flair or Thai heat.

Here's my pick of global cuisines done right, all found right here in Bahrain.

Greek – Zimari

There's a breezy, effortless joy in swinging by Zimari for morning pastries and coffee. From the team behind Manos, this Greek bakery in Janabiya Square does flaky, indulgent pastries; spanakopita and quiches that make you realise how good simple dough can be. There's outdoor seating that's perfect for cooler days and it pairs beautifully with people-watching and a strong cup in hand.

Pakistani – Desi Dastarkhwan

I waited a long time to go here, and it did not disappoint. The kachori is dangerously good, crisp lentil-filled dough that's addictively satisfying. Chapli kabab packs flavour in every bite. And the Tuesday-only haleem, slow-cooked, rich and comforting, quieted the table as we ate it. In a rush, their Garlic Chicken Roll is a star on its own. This place is community stalwart restaurant food with honest heat and charm.

Chinese – Mei Ling

Mei Ling is one of those restaurants that quietly reminds you how elegant Chinese food can be when it's done with care. This is not about gimmicks or reinvention. The menu leans classic, but the execution is polished. From noodles to crispy duck, and dumplings to baos ...when you want Chinese food that feels grown-up and assured, this is where to go.



Belgian – Biblo Bakery

Biblo is quietly excellent. What started as delivery only now sits in a little cobbled corner of Saar and it's worth going just to see regulars cycling through for their weekly bread haul. The pastries and breads are consistently good and plentiful. Ensuring a different treat on each and every visit. A coffee here feels like a reset, a chance to slow down, take stock and eat something genuinely well made.

Peruvian – Clay

Peru on a Plate feels like the most succinct way to capture this one, it's thoughtful, balanced and precise. Clay doesn't shout — it layers. Every dish feels considered, intentional, curated. This is food that invites you to slow down, notice details and appreciate balance of flavour and texture in a way that feels grown-up and joyful rather than performative. (Based on your beautifully observant review voice)

Thai – Banana Leaf

Banana Leaf is a Bahraini classic for a reason. No frills, no unnecessary updates, just solid Thai food that keeps people coming back year after year. Curries, stir fries, salads and soups that hit the spot every single time. This is comfort Thai, done properly.

For more on restaurants, travel and food

hungryfifi.com | [@hungry_fifi](https://www.instagram.com/hungry_fifi)

Jena
Hamala 1761 3191
@jenabakery

Joe & The Juice
Various
@joeandthejuicebahrain

Just Cupcake
Riffa 1766 6090
@justcupcake

La Reine de Versaille
Riffa 1755 5600
lareine.patisserie

La Ventana
Manama 7710 6070
@cafelaventana

Love Churros Bahrain
Riffa 3300 0768
@lovechurrosbh

Café T, Royal Golf Club
Riffa 1775 0777
@theroyalgolfclub

Le Chocolat
Seef 1711 1144
Saar 1723 2345
@lechocolat_bh

Let Them Eat Cake
Saar 3232 0078
@let_them_eat_cake_bh

Lilou Artisan Patisserie
Bahrain
Riffa 1771 5370
@lilouartisanpatisseriebah

Lollosa Cookies
Manama 3823 8622
@lollosa_cookies

Manual
Seef 3229 9277
@manualbahrain

Maya La Chocolaterie
East Riffa 3920 4222
@mayalachocolaterie

My Bakery
Riffa 1765 0411
@mybakerybahrain

My Café
Manama 7734 4444
@mycafebh

Paul Café
City Centre Bahrain 1717 2321
Seef Mall 1758 0073
@paularabia

Red Crossaint bakery
Juffair 7799 5551
@redcrossaintbakery

Rich
Janabiya 6636 0633
@rich.bhr

Ritz Gourmet Lounge
Seef 1758 6434
@ritz_gourmet_lounge

Tariq Pastries
Adliya 1768 0461
@tariqpastriesbahrain

Tea Club
Adliya/Amwaj/Avenues 3977 7098
@teaclub_official

The Orangery
Adliya 1736 9696
@orangeryme

The Lebanese Bakery
Seef 1759 5559
@thelebanesebakerybh

Tuga
Amwaj 3636 7431
@bakeryoftuga

RESTAURANTS

ALL DAY BREAKFAST

N'ovo
Hamala 3223 0428
@novo.bh

AMERICAN

Buffalo Wings and Rings
Adliya 1710 4994
@buffalowildwingsbahrain

Applebee's
Seef 7744 9999
@applebeesbahrain

Black Tap Craft Burgers
Seef 1710 0363
@blacktapbahrain

Blaze Burgers
Adliya 1774 4773
Janabiya 3984 4773
@blazeburgers

Dough
Bahrain Bay 3356 0367
@doughbahrain

Cocos
Adliya 1771 6512
@cocoscafebahrain

Frankie's
Seef 1755 0666
@frankiesamericandiner

Lucky Clucks
Seef 1755 4400
@luckyclucksbh

Pickl Bahrain
Seef
@pickl.bh

Ric's Kountry Kitchen
Manaa 1772 5550
@ricsbahrain

Route 66
Amwaj 1606 6066
Adliya 1774 4831
Isa Town 1700 4566
@eatroute66

Shake Shack
City Centre 1711 0389
The Avenues 1711 0588
@shakeshackme

Texas Longhorn
Manama 3205 9999
@texaslonghorn.bh

The Pelican Club
Bahrain Bay 6665 5505
@thepelicanclubbh

ASIAN FUSION

Bo – Sabi
Manama 3811 1474
@bo.sabi.bh

Hong Kong
Janabiya 7799 0002
Riffa 7766 1661
Seef 1748 4048
Zinj 1766 1668
@hongkongbh

Monsoon
Adliya 1774 9222
@monsoonbahrain

Nu Asia
Seef 1743 4344
Budaiya 1769 1919
@nuasia

Ramenara
Seef 3989 8966
@ramenara_official

re Asian Cuisine
Four Seasons
Bahrain Bay 1711 5500
@reasiancuisine

Muju Dragon Resort
Amwaj 1603 9800
@dragonresort.bh

WU restaurant
The Art Hotel Amwaj 1600 0111
@wulounge

BAHRAINI

Dona's Wonders
Various 1721 3669
@donaswonders

Cinnamon in the Souk
Manama 3717 7899
@themerchanthousebahrain

Danat Al Tawawish
Manama 3805 0713
@altawawish

Darseen Café
Bahrain National Museum 7733 6600
@darseencafebh

Emma Wash
Budaiya 1730 9030
@emmawash_bh

Haji's Café
Manama 1721 0647
@hajiscale

Lumee
Saar 1743 4300
Seef 1733 3747
The Avenues 1733 1747
@lumeestreet

Naseef
Manama 1720 8888
Saada 3896 6668
Seef 1722 3333
@naseefrestaurant

Villa Mamas
Saar 1730 5031
@villamamas

BRITISH

The English Rose
Adliya
@theenglishrosebh

The Village Chippy
Saar 3363 6222
@thevillagechippybahrain

CHINESE

China Garden, Gulf Hotel
Manama 1774 6423
@chinagardenbh

David's Stir Fry Crazy
Adliya 1754 0188
@davidsstirfry

PF Changs
Seef 1711 0380
The Avenues 1711 0567
@pfchangsmc

EUROPEAN

Camelot
Adliya 3997 7540
@camelotrestaurant

The Furn Bistro & Bakery
Seef 1717 1441
@furnbahrain

La Med
Ritz – Carlton 1758 9317
@ritzcarltonbahrain

Little Chefs

Here's a recipe from our lovely friend Ally at Ally's Kitchen Stories



Feta, Oregano & Kalamata Olive Breakfast Loaf

Dive into the sunny flavours of the Med with this delish savoury treat that's as impressive as it is easy.

Ingredients (Makes 15-20)

1 1/2 Cups Doves Farm Flour

1/2 Cup Almond Powder

1/2 Cup Greek Olive Oil (Nissi is a fave from Agora)

1 Cup Crumbled Feta (From Agora)

1 Cup Frozen Cut Spinach

2 Farm Eggies

1/2 Cup Kalamata Olives (sliced)

1 Tbsp. Oregano

1tsp Baking Powder



Method:

Pre heat oven to 160 degrees. Lightly grease a loaf pan and line with baking paper.

Whisk together flour, baking powder, almond powder, and oregano. Add feta, spinach and olives. Toss to coat. Finally, whisk the oil, eggs in a separate bowl and add to dry ingredients.

Transfer the batter to the loaf pan.

Bake for approx. 55-60 mins. Cool completely on a wire rack.

Enjoy with a Greek frappe!



La Plage
Ritz – Carlton 1758 0000
@laplage_bh

FRENCH

The Harvesters Pub and Terrace

Diplomatic area 1753 1122
@crownplazabahrain

Bagatelle

Seef 1667 7770
@bagatellebahrain

Café Lilou

Adliya 1771 4440
Seef 1758 3939
@cafelilou

Chez Alain

Reef Island 1332 0615
@chezalainbahrain

La Reine

Manama 1311 6263
@lareine_cafe

GREEK

Agora

Arad/Athar/Riffa 1770 3830
@agora.food

Attic

Adliya 1771 7780
@atticbahrain

Avli by Tashas

Bahrain Bay 1771 7780
@avlibytashasbahrain

Bifteki

Riffa 3998 6900
@bifteki.bh

Greek Street

Seef 1718 0666
@greekstreetbahrain

Lyra Restaurant
Marassi beach 1777 8822
@lyra_restaurant

Manos, Bahrain Rugby Club

Saar 3989 3101
@manos.bh

Opa

Seef 3355 5244
@opabahrain

Rigani

Manama 3696 7701
@riganibh

Yamaz

Sofitel Bahrain 3330 0087
@yamaz.restaurant

HAWAIIAN

Trader Vics

Ritz – Carlton Hotel
Seef 1758 6555
@tradervicsbh

INDIAN

Asha's

Manama 3648 9905
@ashasbahrain

Bhaja Indian Restaurant

Budaiya 1771 0444
@bhajarestaurants

Copper Chimney

Manama 1772 8699
@thecopperchimneyrestaurant

Kailash Parbat

Sanabis 7788 7788
@kailashparbatbh

Lanterns

Adliya 1724 6777
Amwaj 7777 0055
Budaiya 1759 0591
@lanternsbahrain

Moti Mahal

Juffair 1782 5333
@motimahahal_bh

Nirvana

Ritz – Carlton 1758 3318
@nirvana_bahrain

Rasoi by Vineet

Manama 1774 6461
@rasoibyvineetbh

Sangam

Seef 1716 2032
@sangmbahrain

Spices Indian Restaurant

Manama 1753 1122
@crownplazabahrain

INTERNATIONAL

Bahrain Bay Kitchen

The Four Seasons
Bahrain Bay 1711 5500
@fsbahrain

Botanica

Manama 3380 8035
@botanicabahrain

Cut by Wolfgang Puck

Bahrain Bay 1711 5044
@cutbahrain

Da Rosa

Fraser Suites Diplomatic
1616 1800
@darosa.fraserdiplomatic

Fusions by Tala

Adliya 1771 3000
@fusionsbytala

Gallery 21

Manama 1771 1600
@gallery21bh





Indigo The Merchant House Manama 1667 8666 @indigo.manama	The Terrace Royal Saray Seef 1710 0346 @theterrace_bh	Nino Seef 1756 6555 @ninobahrain	Oishi The Avenues 1722 8062 @oishi.bahrain
La Mosaïque Diplomatic Area 3924 2391 @lamosaicuebahrain	Trade Room Bar & lounge Financial Harbour 7797 7777 @traderoom_bahrain	NKD Pizza Saar 1748 4894 @nkdpizzabh	Sato Manama 1774 6429 @satolounge_bh
La Fontaine Manama 1723 0123 @lafontainebh	ITALIAN	Olivetò Adliya 1771 6747 @olivetobahrain	Roka Bahrain Bahrain Bay 1334 3334 @Rokabahrainofficial
La Table Krug by Y Ritz Carlton 1758 6699 @ltkby	Cafe Italia Seef 1758 2823 @cafeitalia_seef	Otto Hamala 1733 6622 @ottobahrain	JAPANESE & PERUVIAN
Links Royal Golf Club, Riffa 1775 1266 @theroyalgolfclub	Cicco's Adliya 1771 3710 @cicco.bh	San Carlo Seef 1765 6565 @sancarlobahrain	Clay Adliya 1755 4545 @clay_bahrain
Mahonia Adliya 3722 2244 @mahoniabh	Cipriani Marassi 1700 3300 @ciprianibahrain	Sugo Janabiya 3944 5394 @sugo_bh	LEBANESE
Marina Café Amwaj 3746 0000 @marinacafe.bh	Crazy Pizza Hamala 3993 8686 @crazypizza.bahrain	Primavera Ritz Carlton 1758 0000 @primavera_osteria	Al Arisha Manama 1772 5414 @alarisharestaurant
My Café Manama 7734 4444 @mycafebh	Cucina Italiana Manama 1700 1317 @lacucinaitaliana	Roma Manama 1772 5885 @roma_restaurant_bh	Al Fayez Reef Island 1332 0612 @alfayezbahrain
Nomad Urban Eatery Seef 1700 0330 @nomadeatery	Due Mari Jumeirah Gulf of Bahrain 7777 1000 @duemaribahrain	Vapiano Seef 1749 1391 @vapianobahrain	Em Sherif Sea Cafe The Avenues 7710 0777 @emsherifseacafe.bh
Palma Restaurant Raffles Al Areen Palace 1784 5000 @rafflesalareenpalace.bahrain	Fatto Seef 6677 8822 @fattobahrain	JAPANESE	Leila Seef 1756 6556 @leilaminlebnen
Roast Saar 1745 6006 @roastbahrain	Fiamma Sofitel, Zallaq 1763 6414 @sofitelbahrain	Bushido Seef 1758 3555 @bushidobybuddhabar	Pashawat Sofitel Bahrain 1763 6363 @sofitelbahrain
Saraya Zallaq 1763 6363 @sofitelbahrain	Gusto Riffa 1777 8887 Janabiya 1769 5556 @gusto_bahrain	Gyuto Al Liwan 7799 9444 @gyuto.bh	Zahrat Al Fayrouz Jumeirah Gulf of Bahrain 7777 1000 @zahratalfayrouz
Saveur Westin, Seef 1717 1000 @westinbahrain	La Pergola Adliya 1774 6419 @lapergolabh	Kabuki Al Liwan 1762 1100 @kabuki_bahrain	Zayt Zaytoon Budaiya/Al Hooraa 1666 2666 @zaytzaytoon
Selections Intercontinental Regency Manama 1722 7777 @selectionsrestaurant	L'Orto Adliya 1777 1718 @lorto.bh	Kenko Manama 3344 5988 @kenkobahrain	MEDITERRANEAN
SushiSamba Manama 7797 9779 @sushisambabahrain	Luigi's Pizza Saar 1769 3533 @luigisbahrain	M by Mirai Seef 1778 3030 @mbymirai	Orla Adliya 7793 9393 @orlabahrain
Terrace at 28 Manama 6639 8787 @terrace_at28	Luna Hamala 3211 1160 @luna_bahrain	Maki, Moda Mall Diplomatic Area 1752 2733 @makirest	MEXICAN
The Bistro Dilmun Club Saar 1763 0926 @dilmunclub	Masso Manama 1772 1061 @massorestaurant	Maison Sushi Sofitel Bahrain 1763 6363	Calexico Adliya 1766 6644 Janabiya Foodtruck 3542 8802 @calexico_bahrain
	Medzo Manama 1722 7777 Medzo_bh	Meisei Adliya 1700 7770 @meiseibahrain	Cantina Kahlo Ritz – Carlton 1758 0000 @cantinakahlo
		Mirai Adliya 3917 3951 @mirairestaurantlounge	El Chapo Adliya 3773 8838 @elchapo.bhr
			Senor Pacos Adliya 1772 5873 @senor_pacos_bh



ORGANIC**Baker & Spice**

Al Aali Mall 1360 9666
@bakerandspicebah

PERSIAN**Al Abraaj**

Various 1743 4343
@alabraaj

Isfahani

Hamala 1761 0510
Isa Town 1763 0530
Seef 1729 0027
@isfahani

Takht Jamsheed

Manama 1774 6431
@thegulfhotelbh

SEAFOOD**Fish Bone**

Manama 1729 8436
@fishbone.bh

Fish Market

Bahrain Bay 1710 0800
Sitra 1770 1201
@fishmarketbah

La Mer

Sofitel, Zallaq 1763 6363
@sofitelbahrain

La Perle

Novotel Al Dana 1729 8439
Manama
@la.perle.restaurant

Tabreez

Manama 1740 6206
@tabreez_restaurant

Waves Seafood

Manama 1753 1122
@crownplazabahrain

SOUTH AFRICAN**Butcher's Shop & Grill**

Seef 1717 2323
@butchershopar

SPANISH**Salero**

Seef 1717 1300
@salerobahrain

STEAKHOUSE**Legendz**

Manama 1722 7777
@legendzsteakhouse

Meat Company

Adliya 1774 2080
@themeatcobh

Plums

Ritz – Carlton 1758 6499
@ritzcarltonbahrain

The Foundry

Adliya 1722 3223
@thefoundrybh

THAI**Banana Leaf**

Adliya 1774 4171
@banana.leaf.restaurant

Eathai

Isa Town 1767 3711
@eatthai.bahrain

Hash House

Adliya 1771 5094
@hashhouse_bh

Honey

Gudaibiya 3345 5442
@honeyrestaurant

Royal Thai

Manama 1771 3000
@royalthaibahrain

Thai Lounge
Ritz – Carlton 1758 6480
@thai_lounge_bh

TURKISH**Gunaydin**

Adliya 1700 0099
@gunaydinbahrain

Sisler

The Avenues 1667 0358
@sisler_bahrain

DELIVERY**Ahlan**

@ahlanapp

Dine In

@dinein.me

Jahez

@Jahezbh

Talabat

@talabatbh

FAST FOOD**Box it**

@boxitarabia

Burrito Loco

@burritoloco.me

Dominos

@dominosbh

Fuddruckers

@fuddruckersbahrain

Hardee's

@hardeesbahrain

McDonalds

@mcdonaldsbahrain

Papa Johns

@papajohnsbahrain

Pizza Hut

@pizzahutbahrain

Pro Pizza @pro.eatery

@pro.eatery

Tacos and Burritos

@tnbme

YaSalam

@yasalambahrain

ICE CREAM**Baskin Robbins**

@baskinrobbinsbh

Chin Chin Ice Cream

The Avenues 1777 7181
@chinchinicecreambh

Florenzia

@florenziaicecreambh

Marble Slab

@marbleslab_bh



Let's cook

Hello, I'm Nosheen, the founder of Nosh Bakes—a UK expat with a love for cooking and all things creative. You could say I was always meant to be in the food business (it's in the first syllable of my name).

I moved to the island four years ago, originally from an IT background, before transitioning into content creation for brands. That creative journey eventually led me to launch my home-baking business in 2023. I'm deeply grateful for the support and love I've received along the way, it's what continues to motivate and inspire me every day.



A PERFECT RAMADAN TREAT

How to Make Choux Pastry (Pâte à Choux)

Ingredients:

- ☐ 1/2 cup (8 Tbsp; 113g) unsalted butter, cut into 8 pieces
- ☐ 1/2 cup (120ml) water
- ☐ 1/2 cup (120ml) 2% or whole milk
- ☐ 1/4 teaspoon salt
- ☐ 2 teaspoons granulated sugar
- ☐ 1 cup (125g) all-purpose flour (spooned & leveled)
- ☐ 4 large eggs, beaten
- ☐ Egg wash: 1 egg beaten with 1 Tablespoon milk or water



Preparation Instructions:

Make the Dough

- 1 Heat butter, water, milk, salt & sugar in a saucepan until melted and gently simmering.
- 2 Reduce heat. Add flour all at once and stir until a smooth dough forms and pulls away from the pan.
- 3 Cook for 1 minute, pressing dough against the pan.
- 4 Transfer to a bowl and cool 2–3 minutes.

Add Eggs

- 5 Mix on low speed, adding eggs in 3–4 additions, mixing well after each.
- 6 Stop when dough is smooth, glossy & pipeable (you may not need all the egg).

****Dough can be used immediately or refrigerated up to 3 days.**

Baking

- Preheat oven to 400°F / 204°C
- Line trays with parchment and lightly brush with water

- 7 Pipe 2-inch mounds, spaced 3 inches apart.
- 8 Smooth peaks with a damp finger and lightly brush with egg wash.

Bake:

- 20 min at 400°F (204°C)
- Reduce to 350°F (177°C) and bake 10–15 min until golden

Do not open oven during baking.

Cool completely before filling.

Filling ideas

Whipped cream
Pistachio cream

Rose cream
Nutella and cream

Eid Mini Breaks

Short flights with Gulf Air

Traveling from Bahrain for the Eid mini break in March is ideal for families, thanks to short flight times, good weather, and interesting destinations offering something for all ages.

Amman is rich in history and culture. Families can explore the well-preserved Roman Amphitheatre, visit the Citadel for panoramic city views, and enjoy trips to many family friendly museums. Day trips to nearby attractions like the Dead Sea are a must where you can experience floating in the sea.

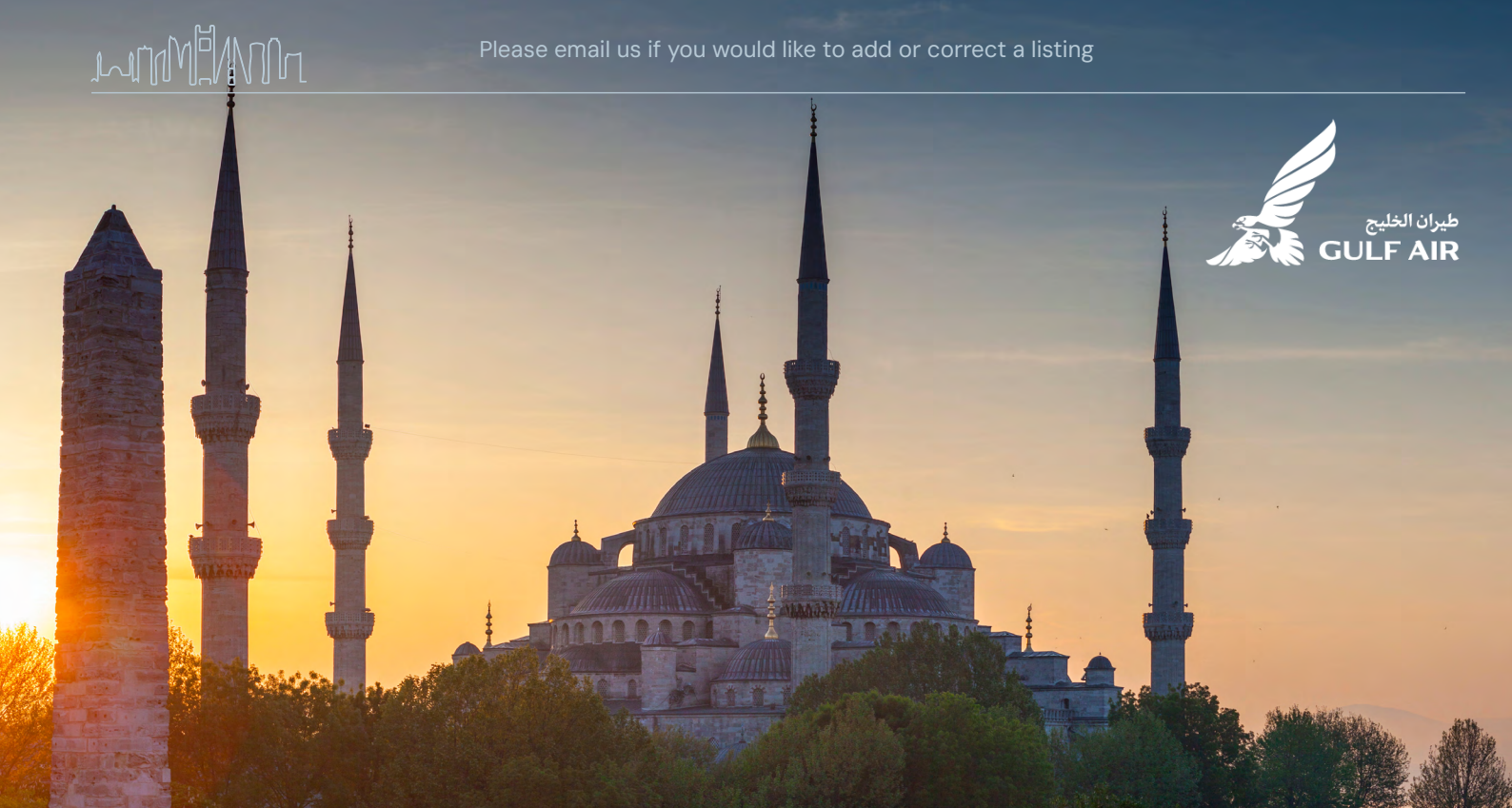
Stay: Mövenpick Resort & Spa Dead Sea. A large resort right on the Dead Sea with a kids' club, multiple swimming pools, family-friendly restaurants, and easy access to the floating beaches. Great for combining relaxation with family fun.

Abu Dhabi is an excellent choice for families looking for a fun Eid break. Highlights include the Sheikh Zayed Grand Mosque, which welcomes families and offers educational tours, and world-class attractions such as theme parks on Yas Island, including Ferrari World and Warner Bros World. Clean beaches, large parks, and family resorts make Abu Dhabi a great choice for a mini break.

Stay: Saadiyat Rotana Resort & Villas. Spacious beachfront resort with a lagoon pool, kids' club with splash slides and entertainment zones, calm shallow waters for little ones, and family-friendly dining options.

Qatar is compact, modern, and very family-oriented. The National Museum of Qatar offers interactive exhibits suitable for children, while Katara Cultural Village hosts





open spaces, beaches, and family events during holidays. The Pearl-Qatar and Corniche are perfect for evening walks, bike rides, and dining.

Stay: Banana Island Resort Doha by Anantara. Island resort with plenty of space and activities for kids, from swimming and beaches to family excursions, plus easy ferry access to and from Doha.

Dubai is one of the most popular family destinations in the region. With attractions such as Dubai Aquarium, theme parks, water parks, and indoor play zones. Families can enjoy Eid fireworks, large shopping malls, indoor ski slopes and desert safaris suitable for all ages.

Stay: Atlantis, The Palm. One of Dubai's most famous family resorts with Aquaventure Waterpark, Lost Chambers Aquarium, kids' clubs, marine experiences, and food options galore.

Bab Al Shams Desert Resort & Spa. Iconic desert retreat perfect for a quieter family escape; combines traditional Arabian architecture with family activities like camel rides, archery, desert safaris, and evening entertainment.

Istanbul is a little further afield but well worth the extra flight time. Boat cruises along the Bosphorus are a great way to see the sights with historic sites like mosques and palaces. Parks, souqs, street food, museums and tram rides add to the charm, making Istanbul especially enjoyable for families during the mild spring season.

Stay: Ciragan Palace Kempinski Istanbul. Historic luxury hotel on the Bosphorus with family suites, children's programs, and easy access to ferries, parks, and kid-friendly attractions throughout the city.

Oman is perfect for families seeking a peaceful and nature-filled Eid break. Children can explore wadis, beaches, and desert landscapes. Muscat offers museums and traditional markets, while resorts often provide kids' clubs and outdoor activities.

Stay: Shangri La Al Husn Resort & Spa. A top family-friendly beachfront resort in Muscat with kids' clubs, pools, diverse dining, and activities like snorkelling and cultural experiences perfect for both relaxation and adventure.

Six Senses Zighy Bay. For a more adventurous stay, this beachfront mountain resort offers kids' clubs, teen activities, water sports, and unique experiences like mountain hikes and traditional dhow cruises.



The Green Zone

Nurturing Environmental Responsibility: The Nadeen Way



At Nadeen School, environmental responsibility is not viewed as an add-on or a one-off initiative. Instead, it is intentionally embedded into the daily conversations, decisions, and actions that shape our school community. We believe that meaningful and lasting change begins with open dialogue that helps learners understand the broader implications of their choices, encourages critical reflection, and empowers them to speak up, ask questions, and challenge the status quo with confidence and purpose.

This philosophy underpins Nadeen's commitment to sustainability. By equipping learners with both knowledge and meaningful opportunities to take action, the school aims to nurture a generation that understands its shared responsibility to care for the planet and for one another. Sustainability at Nadeen is approached not only as an environmental priority, but as a holistic mindset that connects wellbeing, community, and ethical decision-making.



A range of initiatives guide this approach. Waste reduction is a core pillar, alongside promoting reusability and mindful consumption across the school. The use of refillable water bottles is actively encouraged, supporting learners in developing long-term habits that significantly reduce waste. Healthy and sustainable food practices are also a key focus, with local food initiatives shaping the school café, snack times, and classroom learning. Learners are supported in building positive relationships with food, understanding where it comes from, and recognising how food systems influence both personal wellbeing and environmental sustainability.

Our organic garden further strengthens learners' connection with the natural world. Through hands-on involvement in cultivating herbs, flowers, and vegetables, learners deepen their understanding of ecosystems, biodiversity, and seasonal growth. The garden is home to a wide variety of medicinal herbs, flowers, and produce, which are harvested and shared with the wider school.



community, reinforcing the link between sustainability, wellbeing, and community engagement.

Central to bringing these initiatives to life is Nadeen's strong culture of learner leadership. Learner-led initiatives, such as the Plant Protectors programme, demonstrate this leadership in action by pioneering composting and promoting eco-friendly behaviours across the school. These opportunities align closely with our WOLF framework (Wonder, Observe, Learn, Flourish), ensuring learners feel valued, supported, and confident to take initiative and lead change.

Beyond the school gates, Nadeen actively engages with the wider community through environmental initiatives such as local beach clean-up events. These experiences strengthen learners' sense of environmental citizenship and highlight the importance of collective responsibility beyond the classroom.

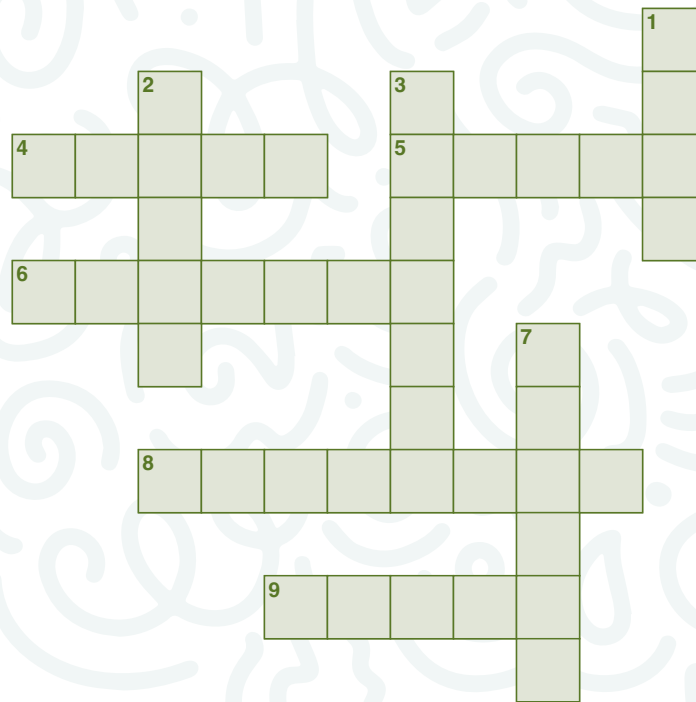
Nadeen School is also proud to participate in this year's Recycling Warriors League alongside eight other schools. Running from January to May, the competition encourages collective action, with results calculated by dividing the total kilograms of recyclables collected by the number of students, reinforcing shared accountability. It is also an honour to host the Bahrain Eco-Summit on 11 February in coordination with the Ministry of Education. Welcoming representatives from 100 schools, the Summit will focus on sustainability, wellbeing, and community engagement through learner-led presentations, planting activities, cooking experiences using locally grown produce, mindfulness sessions, and debates centred on shaping a sustainable future for Bahrain.

Through initiatives such as these, learners not only contribute to protecting the planet, but also develop vital personal and social skills. They learn to act ethically and empathetically, collaborate respectfully, and approach real-world challenges with creativity, flexibility, and confidence.

Through dialogue, leadership, and purposeful action, sustainability at Nadeen is not simply taught — it is lived.



Let's go on Safari



Across

4. Laughing animal that lives in groups
5. Third largest land animal but lives in water to stay cool
6. Tallest animal with a very long neck
8. The largest land animal with a trunk
9. Reptile without legs

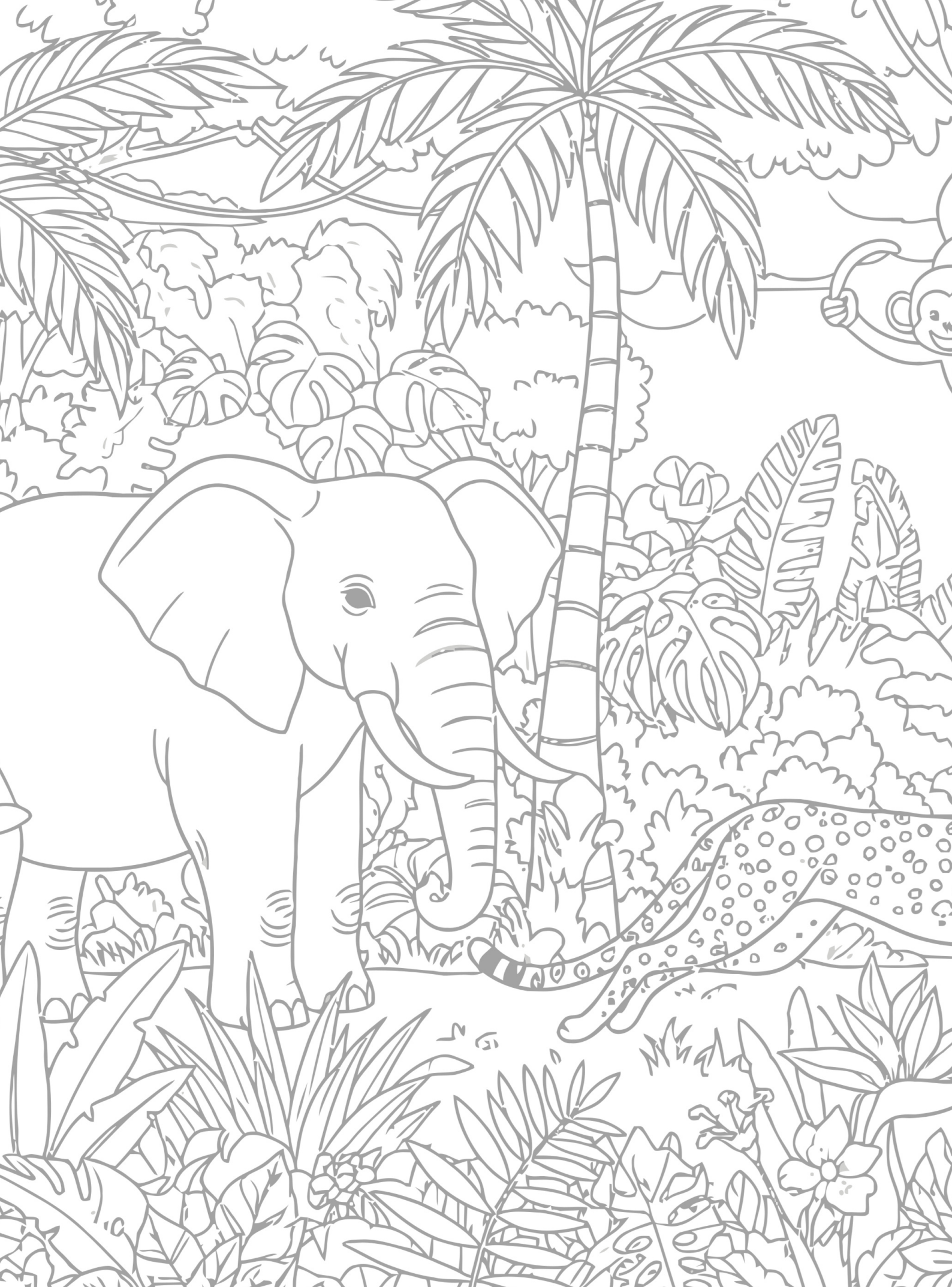
Down

1. King of the jungle
2. Black and White Striped animal
3. Spotted fast runner
7. Primate that swings between branches



- Solution:**
- Across
1. Lion
4. Hyena
5. Hippo
6. Giraffe
8. Elephant
9. Snake
- Down
1. King of the jungle
2. Black and White Striped animal
3. Spotted fast runner
7. Primate that swings between branches







Spot the 10 differences





Beauty & the Bookworm Recommends

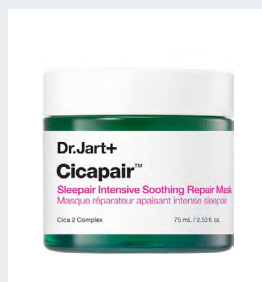
Here are some recommendations for Ramadan, with radiant skin and reflective reads.



1. Inkredible Skin saviour salve – perfect for dry skin, cuticles, lips and other skin ailments.



2. The Inkey List Hyaluronic Acid – it is very important to keep the skin's hydration levels up this month. This light weight product should do the trick.

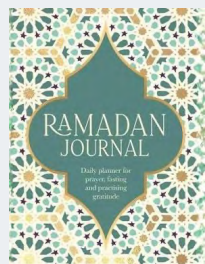


3. Dr. Jart+ Cicapair Tiger Grass Sleepair Mask – Korean mask rich in centella and soothing botanicals to hydrate and calm dry, irritated skin

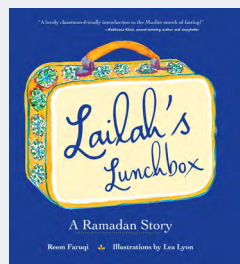


4. Mediheal Hyaluronate Watermide Face Mask – Highly rated sheet mask with hyaluronic acid that deeply hydrates and refreshes tired, dry skin.

These recommendations are from lovely Meg Hutchinson at Beauty & The Bookworm. Follow her here [@beautyandthebookworm_](#)



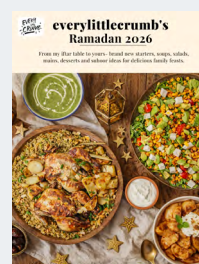
A guided diary designed for daily reflection, goal-setting, and spiritual growth throughout the month, great for teens and adults.



When Lailah feels uncertain about explaining why she isn't eating lunch like her classmates, the story opens up meaningful conversations around faith, identity, empathy, and belonging. Thoughtfully written and warmly illustrated, this book helps children understand the spiritual significance of Ramadan while encouraging kindness and curiosity in multicultural classrooms.



A. Helwa invites readers to explore timeless wisdom about the nature of faith, self-awareness, and spiritual renewal. It's perfect for anyone seeking personal growth, emotional healing, and a refreshed sense of purpose.



The much anticipated annual e-book by @everylittlecrumb has everything you need to guide you through cooking this ramadan. From hydrating and refreshing drinks, starters, soups, mains and incredible desserts. All carefully tested and formulated by Farah herself. Available directly from her website www.everylittlecrumb.com



A NEW STANDARD OF WELLNESS:

Inside ALKEM at City Centre Bahrain

Located in City Centre Bahrain, ALKEM Health & Wellness is redefining the wellness experience in the Kingdom. Combining medical expertise, naturopathic care, advanced aesthetic treatments, and surgical and non-surgical plastic procedures performed by experienced plastic surgeons, ALKEM has established itself as a leading destination for integrated health and vitality.

Personalized, Science-Backed Care

ALKEM's approach is rooted in understanding the whole person. The center specializes in IV Therapy, Naturopathic Medicine, Hormone Health, Aesthetic Treatments, and Plastic Surgery, offering services tailored to each individual's needs. Every treatment begins with a consultation to ensure safety, effectiveness, and alignment with personal wellness goals.

The IV Drip Lounge is one of ALKEM's signature features. Customized infusions such as VitaNAD+, Glowing Skin IV, Vitamin Mix, Liver Detox, and Hydration Drip deliver essential nutrients directly into the bloodstream for optimal absorption. These therapies support energy, recovery, immunity, and overall vitality — providing results from the inside out.

Advanced Aesthetic and Plastic Solutions

ALKEM's Aesthetics Department combines medical-grade technology with a results-driven approach to skin and body care. Treatments include GeneoX Facials, BioRePeel, and Oxypeel, targeting concerns such as pigmentation, fine lines, and dullness while improving skin texture and radiance.

In addition, ALKEM offers plastic procedures, both surgical and non-surgical, all performed by an experienced plastic surgeon. Surgical procedures include facial and body enhancements, while non-surgical options include injectables, fillers, Botox, and Salmon DNA. Each procedure is integrated within a holistic wellness plan to ensure comprehensive care before, during, and after treatment.

Community and Continuous Care

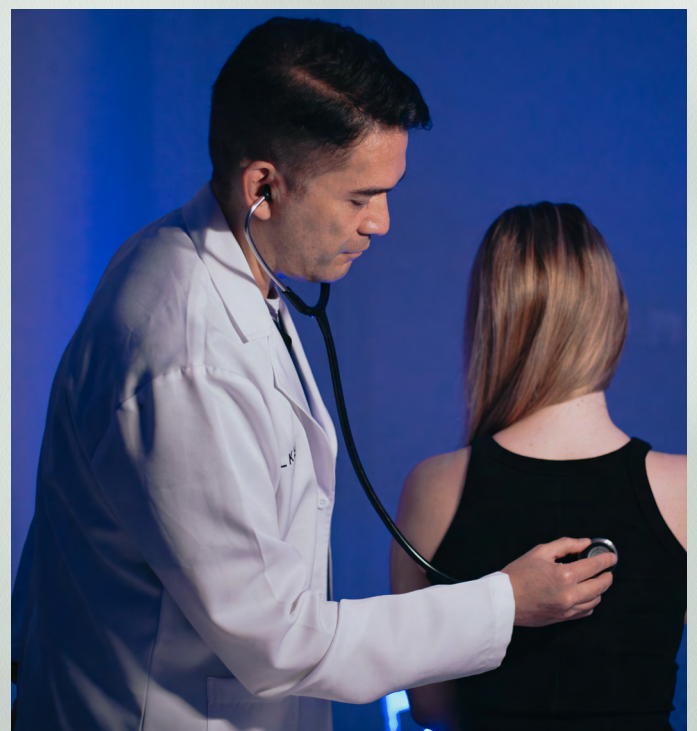
Beyond treatments, ALKEM emphasizes wellness education and community engagement. Its ALKEM Collective Club offers members access to exclusive packages, workshops, and events, encouraging consistent, proactive care. The center also collaborates with local brands and participates in initiatives that promote healthy lifestyles across Bahrain.

Award-Winning Excellence

ALKEM's commitment to innovation and quality has earned recognition including Startup of the Year and Fastest-Growing SME, highlighting its impact on Bahrain's wellness landscape.

Your Wellness Destination

With its serene environment, expert team, and comprehensive approach to health, ALKEM Health & Wellness sets a new standard for integrated care. Conveniently located in City Centre Bahrain, it invites individuals to explore a holistic path to vitality, balance, and well-being.





Health & Wellbeing

FITNESS & SPORT

GYMS

Alpha Mindset Team
Manama 3641 7885
@alphamindsetteam

Centraal Club
Hamala 3813 8138
@centraal.club

Al Nakheel Fitness
Hamala 3883 3663
@alnakheelpremium

Barry's Bahrain
Hamala 3227 8322
@barrysbahrain

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

British Club
Adliya 1772 8245
@britishclubofbahrain

Bodyline
Saar 1779 3932
@bodylineladiesclub

Dilmun Club
Saar 1769 0926
@dilmunclub

District Gym
Janabiya 3880 0102
@districtgym_bh

Equilibrium Fitness Centre
Saar 3699 9250
Amwaj 3699 9257
@equilibrium_pilates_bh

Energy Fitness Gym
Salamabad 1762 3332
@energy_fitness

F45
Saar 3233 2145
@f45_training_saar

Fitness 365
Janabiya 3957 1334
@fitness365bh

Fit Bahrain
Sehla 7701 7711
@fitbahrain

Fitness First
Juffair 1747 3000
@fitnessfirsttoasismalljuffair

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Grip Fitness Centre
Riffa 3555 5510
@gripfitness_

HV Holistic
Seef 1777 5544
@hvholistic

JFC Bahrain Fitness Gym
Manama 3300 2592
@jfcbahrain

Ki Train
Manama 3624 2230
@kitrainBH

Oxygen Gym
Budaiya 1761 6165
@oxygengym

PureFit
Seef 3414 4836
@purefit.bh

Push Gym
Budaiya 7771 0101
@push_bh

REPs Fitness Studio
Manama 7737 7348
@repsfit

Ride Nation
Rifa 1748 4828
@ridenation.me

Ritz – Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Royal Golf Club
Riffa 1775 1266
@royalgolfclub

Sports Training Complex
Saar 3916 9475
@sportstrainingcomplex

Spartan Fitness
Saar 1777 1700
@spartan.fitness.bh

So Fit Gym
Riffa 1768 0902

Sofitel
Zallaq 1763 6363
@sofitelbahrain

Tower Gym
Seef 1758 7007
@almoyyedtower

UFC Gym
Juffair 1700 0044
@ufcgymbh

YOGA & PILATES

Bliss Yoga Bahrain
Argan Village,
Bu quwah 3399 2236
@blissyogabh

Breathe Pilates
Saar 3339 9973
@breathepilatesbh

Bodyline
Saar 1779 3932
@bodylineladiesclub

Core Pilates Studio
Abu Saiba 3219 0401
@corestudio.bh

Erah Pilates Wellness
Hamala 3800 7771
@erahpilateswellness

Equilibrium Fitness Centre
Amwaj 3699 9257
Saar 3699 9250
@equilibrium_pilates_bh

La Fontaine
Manama 1723 0123
@lafontainebh

Namaste
Budaiya 1759 1565
@namastebh

PROP Yoga & Therapy Center
Budaiya 3370 0730
@propytc

Pure Yoga
Hamala 1700 7111
@pycbh

Royal Golf Club
Riffa 1775 0777
@royalgolfclub

Sports Training Complex
Saar 3616 9475
@sportstrainingcomplex

Strong Pilates
Saar 3353 3430
@strong_saar

Yoga Union
Juffair 3458 0018

ATHLETICS

Bahrain Ahtletic Association
Manama 1717 6569
@baa_bh

BSB Sports Academy
Hamala 1761 0920
@britishschoolbahrain

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

Bahrain Triathlon Association
Manama 7771 3777
@triaathlonbh

BADMINTON

Bahrain Badminton and Squash Fed
Manama 3220 6755
@bbsf.81

Centraal Club
Hamala 3813 8138
@centraal.club

The British Club
Adliya 1772 8245
@britishclubofbahrain

BASKETBALL

Bahrain Basketball Association
Umm Al Hassam 1781 0353
@bah_basketball

Centraal Club
Hamala 3813 8138
@centraal.club

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

BIKES & CYCLING

Bahrain Triathlon Association
Saar 7771 3777
@triathlonbh

Cycling Bees
Budaiya 3977 7464
@cyclingbees

Kashta Tours
Manama 3212 2163
@kashta.tours



Manama Tours and Travel

Manama 1754 0990
@manamatours.bh

Skate Shack

Budaiya 1769 7176
@skate_shack_bh

TriLife

Saar 7733 3777
@gotrilife

BOWLING**Adhari Park**

Manama 1740 7300
@adharipark

Funland Center

Manama 1729 2313
@funland.bahrain

MJ's Bowling Lounge

Budaiya 7755 7777
@mjsbowlinglounge

BOXING**Level up Boxing**

Saar 3975 7222
@levelupboxingbh

Al Doy Sports and Martial Arts

Riffa 3370 8866
@aldoy_sports_centre

Big Up Sports

Saar 3983 1113
@bigup_sport

JD Boxing Club

Saar 3319 9023
@jd_boxing

UFC Gym S.P.C

Manama 3434 2928
@ufcgymbh

CRICKET**Bahrain Rugby Football Club**

Saar 1769 5809
@bahrainrfc

Colts

Saar 3362 4226
@coltscricketacademy

SPARTA, St Christopher's

Saar 1760 5190
@sparta_bahrain

DIVING**Dive Bahrain**

@divebahrain

Scuba Master

Hooraa 1729 2154
@scubamasterco

FISHING**Seastar Marine**

Amwaj 3707 8888
@seastarmarinebh

FOOTBALL**24N Football**

Manama 3754 9322
@24n_football

Adhari Park

Manama 1740 7300
@adharipark

Bahrain Rugby Football Club

Saar 1769 5809
@bahrainrfc

British Club

Adliya 1772 8245
@britishclubofbahrain

BSB Football Academy

Hamala 1761 0943
@britishschoolbahrain

Centraal Club

Hamala 3813 8138
@centraal.club

Dilmun Club

Saar 1769 2986
@dilmunclub

Footpool Bahrain

Manama 3696 3443
@footpoolbh

Juventus Academy Bahrain

Saar 3713 0107
@jacademybh

Kick Off Academy

Saar 6969 0000
@kickoff.academy

Tekkers

Saar/Sanabis/Riifa/Dilmunia 3384 3416
@tekkeers_bahrain

Soccer Stars Academy

Janabiya 3319 3060
@soccerstars_bh

SPARTA, St Christopher's

Saar 1760 5190
@sparta_bahrain

The Football Academy (TFA)

Saar/Riffa 7730 0000
@tfa.bahrain

Winners Football Centre

Isa Town 3808 5535
@gowfc

FORMULA 1**Bahrain International Circuit**

Sakhir 1745 0000
@bah_int_circuit



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Daily

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SPA BENEFITS
20% OFF
+ 2 FREE 75-min Massage
(For Yearly Members only)

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✓

GUEST PASS
2 Guest Passes/month
(For Yearly Members only)

FREE 1 NIGHT STAY
in a Luxurious Penthouse Suite
with Breakfast
(For Yearly Members only)

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*Terms & Conditions apply

FRASERSUITES
— DIPLOMATIC AREA - BAHRAIN —
فريرز سويتس المنطقة الدبلوماسية

GOLF**Tee Up Golf Simulator**

Amwaj 3800 1197
@teeup.bh

Awali Golf Club

Awali 1775 6770
@awaligolfclub

Royal Golf Club

Riffa 1775 0777
@theroyalgolfclub

GYMNASTICS**Flip n Fun**

Janabiya 3889 4111
@flipnfun.bh

Aspire

Budaiya 1700 5831
@aspiregymnasticsbh

Bahrain Gymnastics Fed

Manama
@bahrain.gymnastics

BSB Gymnastics Academy

Hamala 1761 0920
@britishschoolbahrain

Motion Gymnastics Academy

Janabiya 3700 2432
@motiongymnastics_bh

Riffa Gymnastics Academy

Riffa 3359 9656
@riffa_gymnastocs_academy

SPARTA, St Christopher's

Saar 1760 5190
@sparta_bahrain

HOCKEY**Bahrain Hockey Association**

Saar 3965 8618

HORSE RIDING**Dilmun Club**

Saar 1769 0926
@dilmunclub

Horse and Hound supplies

Budaiya 1700 1761
@horseandhoundbh

Muharraq Equestrian Academy

Muharraq 3985 8770
@mea.brn

Twin Palms Riding Centre

Saar 3413 7001
@twinpalmsridingcentre

ICE SKATING**Funland Center**

Manama 1729 2313
@funland.bahrain

Funscape World

Dimunia 3509 7333
@funscapebh



**KARTING**

Bahrain International Karting Circuit
Sakhir 1745 1975
@bahrain_karting

Gulf Speed One
Juffair 3922 6612
@gulfspeedone

Matrix Bahrain
Juffair 3617 2477
@matrix.bh

Trax
Seef 3838 8555
@trax.bh

KITE SURFING

Beach Culture
Bahrain Bay 3303 6361
@beachculture

Experience Bahrain
Amwaj 1700 3636
@experiencebahrain.bh

MARTIAL ARTS

Aces Taekwondo Academy
Zenj 3999 6499
@aces_zenj

Albanna Martial Arts Center
Juffair 3666 8390
@albanamac

Bahrain Karate Center
Saar/Dilmuna 3844 9994
@bh_karate

Bin Jamal Taekwondo
Saar 3303 6330
@binjamal_tkd

British Club
Adliya 1772 8245
@britishclubofbahrain

Gracie Jiu – Jitsu Bahrain
Janabiya 3345 3244
@graciebahrain

Hoi Jeon Moo Sool
Seef 3340 0063
@hjms_bh

Japan Karate Association
Budaiya 3888 6930
@jka_bahrain

KI Train
Seef 3624 2230
@kitraining

Reza's Martial Arts Center
Barbar 3884 4055
@rmac_bahrain

SPARTA, St Christopher's School
Saar 1760 5190
@sparta_bahrain

MOTORSPORT

Bahrain International Circuit
Sakhir 1745 0000
@bah_int_circuit

Y.K. Off – Road Experience
Sakhir 1745 0000
@bah_int_circuit

NETBALL

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

British Club
Adliya 1772 8245
@britishclubofbahrain

Dilmun Club
Saar 1769 0926
@dilmunclub

SPARTA, St Christopher's School
Saar 1760 5190
@sparta_bahrain

PADDLE BOARDING

Beach Culture
Bahrain Bay 3303 6361
@beachculture

PADEL TENNIS

Padel Kingdom
Al Ali 3600 9977
@padelkingdom.bh

Beach Padel
Seef 3979 7797
@beach_padel

Centraal Club
Hamala 3813 8138
@centraal.club

Let's Padel
Seef 1753 3337
@letspadel.bh

Padel Bahrain
Juffair 3327 7360
@bahrainpadel

Padel One
Saar 3882 8885
@padelone.bh

Padel Park at Gravity Village
Zallaq 3223 0303
@padelparkbh

Pink Padel
Riffa 3822 2444
@pinkpadel.bh

Padel at The Royal Golf Club
Riffa 1775 1266
@theroyalgolfclub

Sky Padel
Manama 3672 0775
@skypadel.bh

RUGBY

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

RUNNING

Bahrain Triathlon Association
Saar 7771 3777
@triathlonbh

Let us Run
Manama 3638 3348
@lettuce.run

SAILING

Bahrain Maritime Sports
Manama 1718 0407
@bahrainmaritime_bmsa

Bahrain Yacht Club
Sitra 1770 0677
@thebahrainyachtclub

Bahrain Sailing Club
Zallaq 1783 6078

Star Marine
Saada 3879 7979
@starmarinebah

SWIMMING

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

Mermaid Swimming Classes
Sanad 3779 8823
@merschoolbh

Elements BSB
Hamala 1761 0973
@elements.bsb

Dilmun Club
Saar 1769 0926
@dilmunclub

Royal Life Saving Bahrain
Manama 3200 1113
@rlsbahrain

SPARTA, St Christopher's School
Saar 1760 5190
@sparta_bahrain

TENNIS

MG Tennis Academy
Various locations 3833 3065
@mg_tennisacademy

Athletic Kings Tennis Coaching
Saar 3832 5914
@athletickingsbahrain

Bahrain Tennis Academy
Saar 3969 7114
@Bahrain_tennis_academy

Bahrain Tennis Club
Juffair 1772 9561
@btf_tennis

British Club
Adliya 1772 8245
@britishclubofbahrain

Dilmun Club
Saar 1769 0926
@dilmunclub

Elements BSB
Hamala 1761 0973
@elements.bsb

Movement Tennis
Hamala 3930 9402
@movement.tennis

SPARTA, St Christopher's School
Saar 1760 5190
@sparta_bahrain

TRIATHLON

Bahrain Triathlon Association
Saar 7771 3777
@triathlonbh

HEALTHY EATING

Barefoot Nutritional Therapy
Saar 3889 5693
@barefootnutritionaltherapy

Let's Keto with Isma
Manama
@letsketobahrain

SPAS

Alkem
City Center Bahrain
7797 3333
@alkem.bh

Argan Day Spa
Amwaj 1603 0888
@argandayspa

Argan Day Spa
Janabiya 1703 0888
@argandayspa

Ayur Life Ayurvedic Centre
Dumistam 3810 1110
@Ayurlifebh

Bodyline
Saar 1779 3932
@bodylineladiesclub





**Cocoon Wellness Spa**

Manama 3817 0088
@cocoon.bahrain

Derma One NK Med Spa

Saar 1759 5560
@dermaonenk

Diplomat Radisson Blu Spa

Diplomatic Area 1753 1666
@diplomatradissonblu

Domain Bahrain

Muharraq 1600 0000
@domainbahrain

Fab u Spa

Saar 7704 7704
@fab.u.spa

Four Seasons Hotel

Bahrain Bay 1711 5000
@fsbahrain

Haven Spa Fraser Suites

Diplomatic Area 3362 1016
@fraserdiplomatic

Heavenly Spa by Westin

Seef 1717 1122
@heavenlyspabahrain

Hydro Spa & Salon

Riffa 3200 8600
@hydrospabh

Jumeirah Gulf of Bahrain Spa
Zallaq 7777 1000
@jumeirahgulfofbahrain

Wyndham Grand Spa

Manama 1711 6116
@wyndhamgrandmanama

La Fontaine Spa

Manama 1723 0123
@lafontainebh

Lavande Beauty Spa

Riffa 7777 4433
@lavandebahrain

Nine Senses

Barbar 1781 0999
@9senses

Pure Skin Spa

Riffa 1700 4142
@pureskinspa

Purple Patchouli

Seef 1758 1051
@purplepatchouli

Purple Patchouli

Riffa 1730 9103
@purplepatchouli

Purple Patchouli

Janabiya 3900 7711
@purplepatchouli

Purple Zowi

Riffa 3455 5066
@purple_zowi

Raffles Al Areen Palace

Bahrain 1784 5000
@rafflesalareenpalace.bahrain

Royal Spa
Ritz – Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Sparadise

Muharraq 1731 3131
@sparadisebahrain

Thalassa wellness and rehabilitation center

Zallaq 1763 6391
@Thalassa.wellness

The Art Hotel and Spa

Amwaj 1600 0111
@theart.bh

The Golden Key

Riffa 1722 4444
@tgkbahrain

The Merchant House Spa

Manama 3401 8565
@themerchanthousebahrain

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Adliya 3899 1414
@amor_sui_beauty_lounge

Tournesol Beauty

Budaiya 3351 5015
@tournesolbeautybh

Keratin Glow Hair

Janabiya 3595 9334
@keratinglow_bh

Beauty Spot

Hamala 1761 1888
@beautyspotbahrain

Blo Professional Salon

Seef 1700 6070
@blo_bh

Elie & Jean

Manama 1722 7300
Seef 1758 7757
@ejhairofficial

Elloods Hairdressing

Budaiya 7723 1111
@elloods

Hair Etc

Saar 1753 6693
@hair_etc

Hairpage

Saar 1700 9002
@hairpagebh

Johnny & Co

Amwaj 3222 9299
Seef 3914 6119
@johnnycompany

Joz Salon

Amwaj 1736 9133
@jozsalons

Lina Ladies Salon

Riffa 6691 1101
@linaladiessalon

Majestic Arjaan by Rotana

Seef 3999 7289
@majesticarjaanbyrotana

Man Spa

Saar 1758 0110

Pat Salon

Seef 1700 5354
@patsalon

Prive

Seef 7717 7166
@fraserbahrain

Tigi Concept at the Four Seasons

Bahrain Bay 1711 5000
@fsbahrain

Toni and Guy

Seef Mall 1700 1700
City Centre Bahrain 1701 1701
@toniandguybahrain

Tony Hairdressing

Seef 3637 3538
@tonyhairs

The Groom Room

Janabiya 1769 1699
Riffa 1777 9955
@thegroomroom_bh

BEAUTY**Tournesol Beauty**

Budaiya 3351 5015
@tournesolbeautybh

Amor Sui Hair & Beauty

Adliya 3899 1414
@amor_sui_beauty_lounge

Beautopia

Saar 7733 9999
@beautopiabh

Beauty Lines Mobile Salon

Manama 3223 3326
@beautyline_bh

Blink and Wink

Hamala 3314 5254
@blink_and_wink_bh

Boho Nails

Saar 1711 6115
@bohosalonbh

Cryo

Seef 3800 0155
@cryo_bahrain

Fab u Looks

Saar 7703 7703
@fab_u_looks

Fiore

Seef 1723 2317
@fiorefrombahrain

Fingertips Bar

Saar 3998 8445
@fingertipsbar

Glam and Glow

Al Qadam 3838 0338
@glamandglowbeautylounge

Hospitalia by Yara

Saar/Riffa 1781 1111
@hospitaliabyyara

House of Nails

Saar 1759 3311
@houseofnails.bh

Hydro Spa & Salon

Riffa 3200 8600
@hydrospabh

Jamila

Seef 1753 7853
@thejamilaofficial

Lashspa

Al Ali 1759 9044
Juffair 1759 9144
@lashspa

Lavish

Budaiya 1759 9022
@lavish_nailbodycouture

Lillia Beauty Lounge

Gufool 1726 6966
@lilliabeautylounge

N.Spa

Seef 1758 7766
@nspabahrain

NStyle Beauty Lounge

Seef 1758 1974
@nstylebh

Novel Beauty Salon

Saar 1779 1222

Posh Beauty lounge

Hamala 7708 2680
@posh.bh

The Nail Hut

Jannusan 3883 0304
@thenailhut.bah

The Lash Room Bahrain

Seef 3306 2448
@thelashroom.bah



U Beauti
Hamala 1369 1999
@ubeauti_bh

Vanity Ladies Beauty Salon
Janabiya 1700 7121
@vanitysalonbh

Yara Beauty lounge
Amwaj 1601 0999

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Al Jishi Specialist Dental Centre
Manama 1729 2777
@aljishidental

Al Mutawa Dental
Tubli 1787 7816

American Mission Hospital
Manama 1717 7711
Saar 1724 8102
@american_mission_hospital

Awali Hospital
Awali 1775 7600
@awalihospital

British Dental Center
Saar 3978 6855
@bdc.bahrain

Dr Ali Mattar
Manama 1771 4877
@doctoralimattarclinic

Dr Rashad Al Alwai Dental Center
Manama 1722 5566
@drrashadalalawidentalcenter

Gulf Dental Speciality Hospital
Zinj 1774 1444
@gulfdentalspecialityhospital

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

Irish Speciality Clinic
Al Hoora 7718 5006
@isc_bahrain

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Saar Dental Specialists
Saar 1759 6444
@saardentalspecialists

Seef Dental
Seef 1758 7991
@seefdental

Smile Dental Clinic
Zinj 1740 0899

FIRST AID

First Aid Box
Seef 3936 3622

Royal Life Saving Bahrain
Manama 3200 1113
@rlsbahrain

GP CLINICS & PAEDIATRICS

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Manama 1717 7711
Saar 1724 8102
Amwaj 1724 8100
Riffa 1724 8101
A'Ali 1717 7711
@american_mission_hospital

Awali Hospital
Awali 1775 7600
@awalihospital

Bahrain Defence Hospital
Riffa 1776 6666
@bdf_hospital

Bahrain Specialist Hospital
Juffair 1781 2222
@bsh_hospital

Dr Ayman Pediatric Clinic
Zinj 3360 0393
@draymanclinic

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

International Hospital of Bahrain
Budaiya 1759 8222
@ihbahrain

Kims Health Hospital
Umm Al Hassam 1782 2123
@kimshealthbahrain

The Kids Clinic
Manama 1771 5515

Kidz Care Klinik
Saar 3367 7344

Royal Bahrain Hospital
Manama and Janabiya
1724 6800
@royalbahrainhospital

MATERNITY

American Mission Hospital
Manama 1717 7711
@american_mission_hospital

Awali Hospital
Awali 1775 7600
@awalihospital

Bahrain Defence Force Hospital
Riffa 1776 6774
@bdf_hospital

Bahrain Specialist Hospital
Juffair 1781 2200
@bsh_hospital

Ibn Al Nafees Hospital
Manama
@ibnalnafees

Kims Health Hospital
Umm Al Hassam 1782 2123
@kimshealthbahrain

King Hamad University Hospital
Muharraq 1744 4444
@king_h_hospital

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Manama 1724 6800
@royalbahrainhospital

Salmaniya Medical Complex
Salmaniya 1728 8888

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Ahmed Alwazzan Opticians
Manama 1722 6969
@alwazzanopticians

Ahmed Alwazzan Opticians
Seef 3990 6162
@alwazzanopticians

Optica
City Centre Bahrain 1751 6839
@optica_me

Optica
Seef 1751 6848
@optica_me

Optica
Bahrain Mall 1751 6840
@optica_me

Yateem Opticians
Juffair 1725 3397
@yateemoptician_bahrain

Yateem Opticians
Riffa 1777 9369
@yateemoptician_bahrain

PHARMACIES

Al Kindi Hospital
Zinj 1724 1381
@alkindihospital

Bliss Lab
Manama 1772 0800
@blisslab.bh

Boots The Chemist
City Center 1717 9851
@bootsmiddleeast

Boots The Chemist
Seef 1711 0520
@bootsmiddleeast

Gulf Pharmacy Bahrain
Manama 1723 9399
@gulfpharmacybahrain

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

Kims Health Hospital
Umm Al Hassam 1782 2123
@kimshealthbahrain

Nasser Pharmacy
Manama 1772 0800
@nasserpharmacy

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Ruyan Pharmacy
Muharraq 1733 1168
@ruyanbahrain

You Plus
Sanabis 1726 1062
@youplus.bh

SPECIALIST HEALTHCARE

InTouch
Janabiya 1769 0100
@intouchclinicbahrain

Barefoot Nutrition
Virtual 3889 5693
@barefootnutritionalthrapy

Dr Jaffar Clinic
Manama 1723 0238
@drjaffarclinic

American Mission Hospital
Saar 1724 8102
@american_mission_hospital

Art Therapy Centre
Riffa 3348 6060
@arttherapybh

Back on the Move Osteopathy
Seef 3919 7480
@backonthemove

East Riffa High Performance Centre
Riffa 3731 7317
@eastriffa_hpc

Gulf Diabetes Specialist Centre
Manama 1723 9239
@gulfdmdc

Little Village Center
Um Al Hassam 6632 4600
@littlevillagecenter

Physio Relax
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@abcpreschool

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@arkis1997

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@ajyaalmontessoripreschool

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@alfateh_preschool

Al Shorooq Pre – School
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@thebahrainschool

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Budaiya Pre School
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@budaiya_preschool

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@capitalschoolbahrain

Canadian School Bahrain
Diyar Al Muharra 6664 4234
@canadianschoolbh

Children's House Montessori Nursery School
Janabiya 1769 9844
@the_childrens_house

Clever Kid Pre School
Riffa 1722 7997
@cleverkidbh

Disney Nursery
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@disney.nursery

Eton House
Hamala 1749 0333
@etonhousebahrain

Evolution Childcare
Adliya 1766 9079
@evolutionchildcare.bh

First Steps Nursery
Isa Town 1778 0760
@first_steps

Golden Days Nursery
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@goldendaysnurserypreschool

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Sanad 7708 2017
@happyhearts.bah

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@kgkidspreschool

Kiddy Care Pre School
Zinj 3231 4680
@kiddycarepreschool

Kidsland Nursery
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@kidslandbh

Kinder World Preschool
Adliya 3365 4050
@kinderworld_adliya

Kinder World Preschool
Janabiya 3360 0097
@kinderworld_janabiyah

Kids Corner Nursery
Isa Town 3807 7758
@kidscorner.bh

Kipina Nursery
Saar 1700 9598
@kipina_kids_bahrain

Kidz World Kindergarden
Adliya 1771 5050
@kidzworldkindergarden

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@ikns

Lamara Pre – school
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@lamara.preschool

Lilliput Pre – School
Jid Al – Haj 3950 7035
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Little Gems Pre – School
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@littlegemspreschoolbahrain

Little Pearls Nursery
Hidd 3355 8911
@littlepearlsnurserybahrain

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@littlevillagecenter

Little Wonders Preschool
Saar 3644 7000
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@lycee.francais.mlf.de.bahrein

Madeleine's Pre – School
Adliya 1772 1851
@madeleinespreschool

Quest School
Janabiya 3366 6014
@questschoolbh

Rainbows for Kids
Muharra 1734 5090

Rawan Pre – school
Bu Quwah 3925 2862
@rawanpreschool

Reach Nursery
Isa Town 1766 3280
@reach.nursery

Riffa Views International School
Riffa 1656 5000
@rvis.bh

Saar Nursery
Saar 1700 2009
@saar.nursery

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Jebelat Hebshi 1759 5252
@alrawabischool

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Janabiya 1791 0528
@alsalamschool.bh

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Sitra 1773 7377
@aliaschool

Al Wisam School
Budaiya 1769 9595
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@bahrainbayanschool

Bahrain School
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@thebahrainschool

Bahrain Indian School
Budaiya 1759 8000
@bahrainindianschool1

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@beaconprivateschool



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@britishschoolbahrain

Britus International School
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@bisbh_official

Capital School
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@capitalschoolbahrain

Canadian School Bahrain
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@etonhousemea

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@lycee.francais.mlf.de.bahrein

Hawar International School
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Ibn Khuldoon National School
Isa Town 1778 0661
@ikns

International School of
Chouefait
Amwaj 1603 3333
@iscmanama

Multinational School
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Nadeen School Bahrain
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@nisbahrain

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@palms.school

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@realphilippineschoolbahrain

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@qesbh

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@questschoolbh

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School
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@sacredheartschoolbahrain

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@baitaltaleem1

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@berlitzbah

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@blc_bh

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@elscbahrain

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@everythingenglishlanguage

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Mahooz 1774 1168
Sanad 1700 6355
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@teachbahrain 3377 9830

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@centraal.club



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Saar Avenue 3975 7222
@levelup_bh

MiniMe Bahrain
Saar 3376 1361
@minime_bahrain

Juventus Academy Bahrain
Saar 3713 0107
@jacademybah

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Seef 1758 0000
@ritzcarltonbahrain

Sofitel
Zallaq 1763 6414
@sofitelbahrain

SPARTA, St Christopher's School
Saar 1760 5000
@sparta_bahrain

Studio Ceramics
Budaiya 1700 2911
@studioceramicsbh

Tekkers Academy
Sanabis/Saar/Riffa/Dilmunia 3384 3416
@tekkers_bahrain

SPECIALIST EDUCATION

Affinity Consultancy
Saar 3966 9267
affinityconsultancy.org

Alia Autism Center
Sitra 1773 0960
@aliaschool

Anne Mostafa Clinical Psychology
Amwaj 6692 9422

Athena Private School for Special Education
Salmabad 1656 8120
@athenaprivateschool

Brain Body Dynamics
Saar 3888 0188
@brainbodydynamics

British Council
Manama 1726 6166
@britishcouncilbh

Children's Academy
Riffa 1761 3234
@thechildrensacademybahrain

Clever Play (specialized in STEAM)
Riffa 3221 8929
@clever.play

Disabled Sports Federation
Isa Town 1778 9191
@diablersportsfederationbahrain

Hope Institute
Isa Town 1768 0815
@hope_institute_bahrain

Little Village Center
Um Al Hassam 6632 4600
@littlevillagecenter

Reach
Saar 3900 6065
@reachabaththerapy

R.I.A Institute
Manama 1771 6871
@riacenter

Steps Rehabilitation Centre
Janabiya 1724 6256
@stepsrehabilitationcenter

Talk Play Grow
Manama 3829 2331
@talkplaygrow

Think Behaviour & Development
Centre, Saar 3838 3760
@thinkinc.me



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www.asb.bh

In the Know

Dana Zubari is an influencer and the co-owner of @truactive Bahrain's leading sportswear company. She is also Co-Captain of @cyclingbees @lettuce.run an all female running & cycling group.



If you know, you know

Describe Bahrain in three words: Friendly, Safe, Happiness

What is your favourite restaurant in Bahrain? Lyra Greek restaurant

Your perfect day in Bahrain:

- Horse back riding at the Fort by the Fort Club
- A beach day at Jazayir Beach
- A sunrise run along the beach towards the Fort followed by yummy coffee and breakfast at green bar or arabica

Most importantly I love being active and outdoors close to water source or green farm areas

The best thing about living in Bahrain:

Safety, I leave my doors unlocked, I leave my keys to my car in my car.

I run at 5 am and am never scared of my safety as a woman running alone while everyone is still asleep. It's such a privilege to live in this type of peace and not have to worry at all about your safety, you can't put a dollar amount on that.

A hidden gem that you tell all your friends about:

There is a secret beach only my friends and I know about and we go there to picnic. I would say that's my hidden gem!

The Lasts

The last book I read: Running into freedom by Noura Marafie

The last podcast I listened to: CEO diaries: Hormones & Fertility Dangers of not having a period

The last concert I went to: Pitbull

The last piece of clothing I bought: Brown pair of pants

The last meal I ate: Ghormeh Sabzi Persian dish

The last app I downloaded: Keeta app

The last holiday I went on: Judah's thumb – I went camping in Saudi

The last show I binged: I don't really watch TV but probably Bridgeton

This or That

Coffee or tea? Coffee

Sunrise or sunset? Sunrise

Gold or silver? Gold

Beach or City Break? Beach

Lark or Owl? Lark

A final thought

Is there a quote, mantra, or saying you live by?

You do you! Also, I always say prioritize your health because only you can save you, no one else can do it for you.



Living



SHOPPING

BOOK SHOPS

Bookland
Isa Town 1759 2193
@blb_bookstore

The Bookcase
Budaiya 1769 0566
@thebookcasebh

The Bookmart
Manama 3391 5293
@bookmartme

Jashanmal Bookstore
City Centre Bahrain 1717 8407
Seef 7791 1114
@jashanmal_bahrain

Jarir
Seef 7799 7755
@jarirbookstore

Neo Books and Coffee
Riffa 1700 2233
@neobooksandcoffee

Oh My Bookness
Manama 3888 2129
@ohmybooknessbh

Skills Centre & Bookshop
Abu Saiba 1768 1696
@skillsbh

Virgin Megastore
City Centre Bahrain 1717 2300
@virginmegastoreme

BUTCHERS

Butcher Shop and Grill
Manama 1717 2323
@butchershopar

Fine Foods
Manama 1736 4327
@finefoodsgourmet

Prime Cuts
Amwaj 1600 9200
@primecuts.bh

Sage and Sirloin
Hamala 1761 1949
@sageandsirloin

FLORISTS

Alia Flowers
Manama 3999 2414
@aliaflowers

Godzilla Flowers
Manama 7791 9000
@godzilla.flowers

Rain Florist
Janabiya 3973 3633
@rainfloristbahrain

Rolanda Flowers
Manama 3900 7722
@rolanda_flowers

Vase Floristry
Manama 3365 6553
@vase.bh

GIFTS

Market Street Bahrain
Um Al Hassam 3399 2591
@marketstreetbahrain

Tiny Om jewellery
Saar 3200 0513
@tinyomjewellery

Purple Orchid Perfume
Muharraq 3693 9613
@purpleorchidperfume

Big Splinters
Um Al Hassam 3399 2591
@bigsplinters

Natkri Soaps
Janabiya 3881 0904
@natrisoaps

Arabesque Art Gallery
Manama 1772 2916
@arabesque_art_gallery

BJC Baby
Seef 1756 4910
@bjc.baby

Hanger 57
Seef 3397 3977
@hanger57

Laderach Chocolatier Suisse
Seef 3881 8080
@laderach_bahrain

Plant Your Wishes Seed Paper
Manama
@plantyourwishes

Re – Loved Luxury
Saar
@re_loved_luxury

Reverie Chocolaterie
Riffa 3226 1222
@reverie_bh

JEWELLERY

Bijoux Ethica Jewellery
Saar 3920 1392
@bijouxethica

Tiny Om jewellery
Saar 3200 0513
@tinyomjewellery

Marreya Jewellery
Manama 3885 6000
@marreya.bh

Khalil Alfardan Jewellery
Manama 3727 3332
@khalilalfardanjewellery

Bahrain Jewellery Centre (BJC)
Manama 1752 0052
@bahrainjewellerycentre

Harmony Jewels
Saar 3917 1921
@harmonybahrain

Shahrazad Design Everyday Fine Jewellery
Manama 3967 6663
@shahrazaddesign

SHOPPING MALLS

Al A'ali Mall Seef
@alaalimallbahrain

Al Liwan Hamala
@alliwanbh

Bahrain Mall Seef
@thebahrainmall

QR code: @tinyomjewellery

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@citycentrebahrain

Country Mall Budaiya
@countrymall

Dana Mall Seef
@danamall.bahrain

Dragon City Muharraq
@dragoncitybh

El Mercado Janabiya
@elmercadoj

Galleria Mall Zinj
@galleriabh

Jawad Dome Budaiya
@the_jawad_dome

Marina Mall Manama
Marassi Galleria Diyar
@marassigalleria

Moda Mall Diplomatic Area
@moda_mall

Nakheel Centre Saar
Oasis Mall Juffair / Riffa
@oasismallbahrain

Ramli Mall A'Ali
@ramli_mall

Saar Mall Saar
@saarmallbahrain

Seef Mall Seef/Muharraq
@seefmall

Sitra Mall Sitra
Thai Mart Muharraq
@thaimartbahrain

The Avenues Manama
@theavenuesbh

SUPERMARKETS

Alosra
Various
@alosrasupermarket

Al Jazira
Various
@aljazira.supermarket

Carrefour
Various
@carrefourbahrain

Lulu Hypermarket
Various
@luluhyperbh

Tamimi Markets
Various
@tamimimarketsbh

TOY SHOPS

The Dressing up Box
Saar 3200 8289
@thedressingupbox.bh

Baby Essentials
Seef Mall 3693 2777
@baby_essentials_bahrain

World of Carousel
Saar 3935 0044
@carouselbahrain

Kiddy Kingdom
Saar 3656 3063
@kiddy_kingdom_bh

Sandooqi
Amwaj 3666 9415
@sandooqi_bh

Toys R Us
Seef 3967 0426
@toysrus.seef

Toy Story
Riffa 3349 3182
@toystory.bh

Toys World
Manama 3723 3371
@toysworldbh

Wonderland Toystore
Riffa 3998 5060

LOCAL MARKETS

Market Street Bahrain
Um Al Hassam 3399 2591
@marketstreetbahrain

Bahrain Farmers Market
Budiya
@farmersbh
Every Saturday 7am – 2pm
(Dec – March)

Manama Central Market
Daily 4am – 3pm

Salmabad Farmer's market
@farmersmarketbh
Daily (closed on Sundays)
8am – 3pm

Jasra Organic Farm
3800 8887
@jasraorganicfarm

HOME

ART GALLERIES & FRAMING

Abbas Al Mosawi Art
Al Qurayyah 3992 7300
@abbasalmosawiart

Arabesque Art Gallery
Umm Al Hassam 1772 2916
@arabesque_art_gallery

Busaad Art Gallery
Muharraq 3206 6339
@busaadartgallery

Ghada Art Gallery
Manama 3943 8887
@ghada_art_gallery

RAK Art Foundation
Riffa
@rakart

CLEANING & LAUNDRY

Tidy Bayti Professional Home
Organiser
Various 3947 9262
@tidybayti

Retro Laundry & Dry Cleaning
Manama 3650 5152
@retrolaundry.bh

Bahrain Cleaning services
Manama 3327 6222
@bahrain.cleaning.services

Chemdry upholstery
cleaning
Manama 3838 9696
@chemdry_bahrain

GARDENING & LANDSCAPING

Garden Affairs Landscaping
Saar 3344 2255
@gardenaffairs.me

Lotus Gardening
Al Jasra 3688 2222
@lotusgardening

Mariam Garden
Saar 3944 6759
@mariamgarden.bh

HOME FURNISHING

Big Splinters Woodwork
Um Al Hassam 3399 2591
@bigsplinters

Homebox
Manama 8000 8077
Juffair 1731 7226
@homebox_bh

Home Centre
City Centre Bahrain 1717 2355
@homecentrestores

Homes R Us
Sehla 1755 6001
@homesrusbahrain

Ikea
Salmabad 8000 1120
@ikeabahrain

Luxe Living
Seef 3717 7701
@luxelivingbh

Marina Home
Seef 1758 2752
@marinahomeinteriors

HOME IMPROVEMENTS

Fab Aluminium Doors
Muharraq 3949 0787
@baf_aluminiums

iFix
Manama 1755 2555
@ifixbh

Fix it
Manama 3651 0027
@fix_it.bh

Hempel Paints
Budaiya 1772 8668
@hempeldecorativeme

Manazil
Salmabad 1778 6727
@manazil.bh

INTERIOR DESIGNERS

CVAD Design Consultants
Manama 3775 7515

DBS Interiors
Manama 3417 5913
@bysaranabeel

Aalaa Interior Design
Manama 3773 3873
@aalaa.design

Beckett Interiors
Seef 1734 4432
@beckett_bh

Qreative Design
Manama

PROPERTY AGENTS

CBRE
Manama 1655 6600
@cbrebahrain

Century 21
Manama 1721 2000
@century21bahrain

Green Gate
Saar 6667 5000
@greengatebahrain

Vikki Lord
Pearl Properties
Saar 3963 4647

Property Locators
Manama 1772 0017
@bahrainpropertylocators

RMR Real Estate
Amwaj 3877 7555
@amwaj_tala_property_

Savills
Manama 1756 2860
@savills_me

**Anastasia Real Estate**

Manama 3877 7555
@amwaj_tala_property_
anastasia

Star Real Estate

Manama 3354 7470
@starrealestate

REMOVAL COMPANIES**Cargio WLL****3700 0082****logistics@CargioME.com****Crown Relocation**

Manama 1722 7598

GSL

Manama 3873 3824

Gulf Agency Company

Manama 1733 9777

M Nasir House Movers

Manama 3404 7026

Moomin Removals

Saar 3311 0541

Writer Relocations

Manama 1721 4270

RUG & CARPET CLEANING**Perfect Clean rugs**

Manama 3301 0195
@perfect_clean_bh

Talents

Manama 3538 2007
@talents.bh

ProBees Cleaning

Manama 3667 2667
@probees_cleaning

UPHOLSTERERS**Rizq Interiors**

Budaiya 3995 2830
@rizqinteriors

Chaudhary Upholstery & Curtains

Manama 3375 7370
@chaudhary_group-of-co.bh

Anooj Upholsters

Manama 3882 4803
@anoojbahrain

Bahrain Upholstery

Manama 3901 5959
@bahrainupholstery

Haroons Upholstery

Riffa 3440 1573
@onelickupholstery

WINDOW CLEANERS**Liverpool Services**

Saar 1761 3244
@liverpoolservices

PETS**ANIMAL RESCUE****Bahrain Animal Rescue Centre**

BARC
Hamala 3944 6907
@bahrainanimalrescuecentre

Bahrain Strays

Manama 3967 5919
@saveourstraysbahrain

BSPCA

Askar 1759 1231
@bspca

BSPCA Thrift Shop

Budaiya 1759 3479
@bspca

GROOMING & PET SUPPLIES**California Pets**

Budaiya 1760 0933
@californiapets

Horse and Hound

Budaiya 1700 1761
@horseandhoundbh

Pet Arabia

Amwaj 1759 2288
@petarabia

Pet Arabia

Budaiya 1759 2288
@petarabia

Petland

Arad 1310 7474
@pet_land

Pets Home

Hamala 1730 0203
@pets_homebh

Pick me Pets

Budaiya 3883 0311
@pickmepetsgcc

Pretty Paws Mobile

Manama 3728 8188
@pretypawsbh

PET HOTELS**Bed & Biscuits**

Manama 1740 2350
@bedandbiscuitsbh

Delmon Boarding Kennels & Cattery

Barbar 1769 4066
@demonkennels

Saar Kennels The Pet Hotel & Spa

Saar 1779 0017
@saarkennels

PET RELOCATION**Bed & Biscuits**

Manama 1740 2350
@bedandbiscuitsbh

Delmon Pet Relocators

Barbar 3972 9868
@delmonpetsrelocatorsbh



Jetpet Global and Cargio
Muharraq

3700 0082**@jetpetglobal****VETS****Animal Care Clinic**

Hamala 1761 2459
@animalcareclinic2

Barri's Vet Hospital

Saar 1700 1088
@barrisvethospital

Charis Vets

Budaiya 1310 6800
@charisvets

Dr Nonie Coutts Vets

Adliya 1724 5515
Budaiya 1769 1397
@drnoniecoutts

Eman Veterinary Clinic

Riffa 3944 2216
@emanvetclinic

House Veterinary Center

Muharraq 1720 0075

EVENTS**BALLOONS****Balloons Heaven**

Riffa 3551 6459
@balloons_heaven.bh

Epic Events

Manama 3335 0027
@epicevents.bh

Fifty Five Balloons

Manama 3457 2373
@fiftyfive_balloons

CATERING**Let Them Eat Cake**

Saar 1769 1114
@let_them_eat_cake_bh

Aroma

Manama 1758 2711
@aromaexpressbh

Baker and Spice

Seef 1360 9666
@bakerandspiceme

Bite Me Catering

Riffa 3926 9696
@bitemebahrain

Cake Boutique

Seef 1755 2253
@cakeboutiquebh

Chipa

Salmabad 3964 0177
@tastechipa

David's Stir Fry Crazy

Adliya 1754 0188
@davidsstirfry

Donut Wall

Saar 3974 0496
@donutwallbh

Flaming Salmon

Seef 6666 8444
@flamingsalmon

Gulf Hotel Catering

Adliya 3737 2111
@thegulfhotelbh

Haute Cupcakes

Seef 3306 7770
@hautecupcakesbh

Hopscotch Rustic Kitchen

Saar 1769 1124
@hopscotch.bh

Jena

Hamala 1761 3191
@jenabakery

Lilou

Seef 1771 4440
@cafelilou

Lumee

Seef 1743 4300
@lumeestreet

M by Mirai

Seef 1778 3030
@mbymirai

Nosh Bakes

Manama 3837 2020
@nosh.bakes

A Piece of Cake

Riffa 1777 7909
@a_piece_of_cakebh



A Piece of Cake

Budaiya 1759 1655
@a_piece_of_cakebh

Rue Catering Services

Janabiya 3939 9090
@rue.catering

Sage and Sirloin

Hamala 1761 1949
@sageandsirloin

Swiss Belhotel

Seef 1736 2233
@swissbelhotelseef

YallaCake

Manama 3391 4140
@yallacake

EVENT PLANNERS**Purple Papaya Events**

Jidhafs 3666 5130
@purplepapayaagency

Mayball Solutions

Manama 3335 1538
@mayball9999

Fun Factory

Manama 3962 2413
@funfactory.bh

Bubbles Events

Manama 3331 0133
@bubbleevents

By Amna Alkan

Manama 3443 1788
@amnas_events_

D&D Décor Co

Manama 3838 4949
@departydesigns.bh

Events A La Carte

Manama 3993 0324
@eventsalacarte

Events by Dhabiya Manama

@eventsbydhabiya

Events by Leaves

Seef 1759 9055
@eventsbyleaves

Events Essentials

Manama 3407 6282
@events_essentials_bh

Fatoom Events

Manama 3900 4465
@entertainment.world.bh

Kids Party Maker

Manama 3728 8988
kids_party_maker_bahrain

L'Arabia

Hamala 7717 7377
@l_arabia

Newbury Events

Riffa 3720 2786
@newburyevents

Noah's Events

Manama 3940 6706
@noahseventsbahrain

Picnico

Manama
@picnico_bh

Sara Events

Manama 3393 6690
@sara_events_bh

Sleepee Teepee

Saar 3974 0496
@sleepeepeepee

The Party People of Bahrain

Seef 3352 2571
@thepartypeople_ofbahrain

FANCY DRESS**The Dressing up Box**

Saar 3200 8289
@thedressingupbox.bh

PARTY SUPPLIES**The Selfie Pod Guys**

Seef 3721 1721
@selfiepodguys

Al Wasmiya Tent & Supplies

Manama 3316 6999
@alwasmiyatent

Costume Chest

Juffair 3965 8541
@costumechest

Day to Day

Jannusan 1744 1000
@daytodaybh_

Entertainment World

Manama 3900 4465
@entertainment.worldbh

Evento De Bahrain

Manama 6666 2013
@eventodebh

Party Mania

Budaiya 1766 0515
@partymanibahrain

The Dressing Up Box

Saar 3200 8289
@thedressingupbox.bh

PARTY VENUES**Flip n Fun**

Hamala 3889 4111
@flipnfun.bh

Tee Up Golf Simulators

Amwaj 3800 1197
@teeup.bh

Artology

Saar 3679 0785
@artology.bh





Artzania

Manama 3996 9933
@artzania

Bahrain International Karting

Circuit, Sakhir 1745 1745
@bahrain_karting

Bahrain Rugby Football Club

Saar 1769 5809
@bahrainrfc

Bahrain Science Centre

Isa Town 1768 6466

British Club

Adliya 1772 8245
@britishclubofbahrain

Budaiya Pre – School

Budaiya 1779 1491
@budaiya_preschool

Dilmun Club

Saar 1769 0926
@dilmunclub

Escape Code

Saar 1750 0023
@escape.code

Four Seasons

Bahrain Bay 1711 5000
@fsbahrain

Funland Center

Manama 1729 2313
@funland.bahrain

Kids Palace

Saar 1765 1050
@kidspalacebh

Jumpsters

Saar 1769 1558
@jumpsters_bh

Jump Up

Tubli/ A'ali 3355 1225
@jumpup.fun

Lost Paradise of Dilmun

Water Park, Al Areen 1784 5100
@lpodwaterpark

Mad Science Bahrain

Budaiya 3971 0055
@madsciencebh

Magic Island

Seef 7791 1211
@magicislandbh

Mosaic House

Budaiya 3925 3942
@mosiachousebahrain

Nutty Scientists

Seef 3355 3551
@nuttyscientistsbahrain

Pottery at Studio Ceramics

Budaiya 1759 9026
@studioceramicsbh

Ritz – Carlton Hotel

Seef 1758 0000
@ritzcarltonbahrain

Sleeppee Teepee Bahrain

Saar 3974 0496
@sleeppeetepeebeh

Soccer Stars Academy

Janabiya 3319 3060
@soccorstars_bh

Soul Culture

Saar 3338 2263
@soulculturebh

Tekkers

Saar/Sanabis/Riifa/Dilmunia 3384 3416
@tekkers_bahrain

The Heaven Muharraq

Muharraq 3909 0080
@theheaven_muharraq

Yellow Submarine

Saar/Wadi Al Sail 3805 6666
@yellowsubmarinebh

COMMUNITY

LOCAL CHARITIES & NOT – FOR – PROFIT

Pre Loved Books

@prelovedbook.bh

A Box of Goodness

@aboxofgoodness

A Box Forward

@aboxforward

Bahrain Red Crescent Society

Manama 1729 3171
@rcsbahrain

Bahrain Sports Federation for Disabilities

Manama 1717 6930

Manama Rotary Club

Manama 3903 3961
@rotaryclubofmanama

Migrant Workers Protection Society

Manama 1782 7895
@mwpsbh

Omneyat Foundation

@omneyat.bh

Shamsaha

Manama 3844 7588
@shamsaha_me

Think Pink Bahrain

Manama 3907 6717

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SARAH 39777464

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Tournesol Beauty proudly partners exclusively with Immunocologie Skincare to introduce a new standard of skin health in Bahrain.

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We at Tournesol Beauty are committed to cleaner, safer beauty that prioritizes women's health. To learn more about the services we offer (facials, lashes, brows and more) contact us online, in person or by phone.

Clean | Safe | Beauty

 **3351 5015, 7790 0355**

 **Budaiya Hwy, Maqabah**

 **@Tournesolbeautybh**


Halla
BY Alia

Halla by Alia

Halla by Alia is Bahrain's first socially inclusive café, proudly operated by young adults on the autism spectrum.

We're more than a coffee shop — we're a movement that blends exceptional coffee, handcrafted desserts, and local pride with a mission to empower and uplift.

As a project under Alia Autism Center, Halla provides vocational training and real job opportunities that help individuals develop skills, confidence, and independence in a supportive, inclusive work environment.

 **Ms.Katrin Gebrenner (Marketing Executive)**
+973 3300 1666

 **Whatsapp +973 3848 4430**



Useful phone numbers

Police Ambulance Fire	999
Police Hotline non emergency	8000 8008
NHRA	1711 3333
Ministry of Health	8000 8100
Family Protection (Domestic)	1743 0515
Food Hygiene Complaints	3942 7743
Electricity and Water	1751 5555
Sanitation Emergency (Sewer)	8000 1810

Municipality Emergency	3960 9331
Cybercrime Anti Corruption	992
Child Protection (Cyberspace)	992
King Fahd Causeway Security	1779 6555
Supreme Council Environment	8000 1112
Supreme Council of Health	1710 1776
Traffic Accident	199

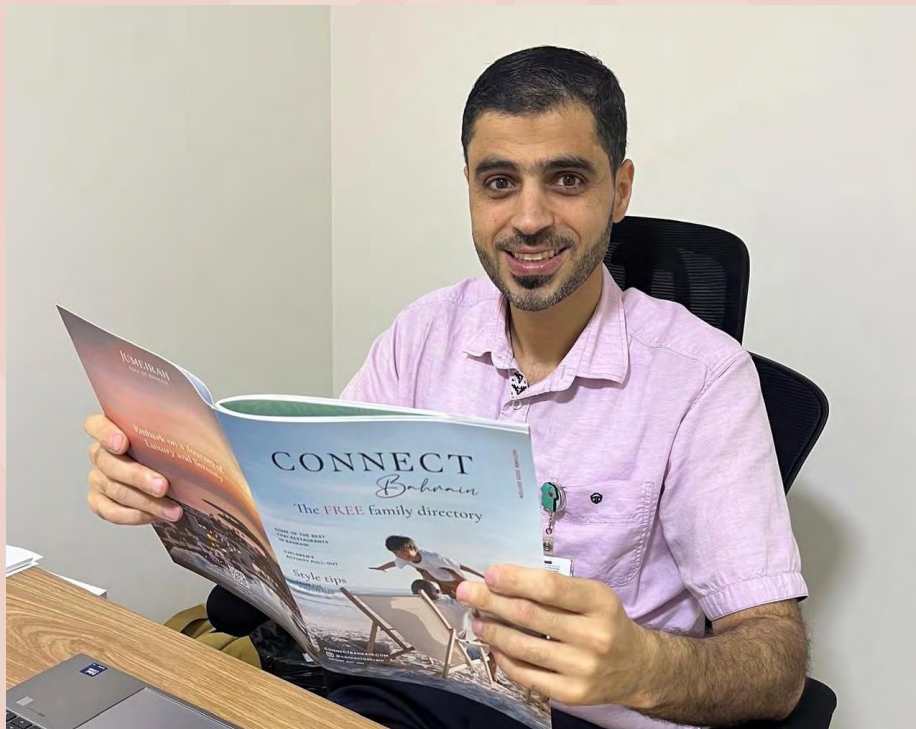


Please email us if you would like to add or correct a listing

LIVING

CONNECT *Bahrain* SPOTTED

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Connect Bahrain. Please send us your
photos to hello@connectbahrain.com



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@connectbahrain
+973 3226 8251



USEFUL CONTACTS

CAR REPAIRS

Prime Auto Care Car Repairs
Tubli 3564 6810

COMPUTER & PHONE REPAIRS

Nexcel IT & Computer Repair
Manama 3394 5666
@nexcelbh

Ainush Software Solutions
Manama 3596 4580

Bluebell Computers
Al Maqsha 1759 6993
@blue_bellcomputer

Edge Phones
Saar 3828 4090
@edgephonebh

Reunion Computer
Diraz 1769 5955
@reunionpc

Star Plus
Saar 1782 7123
@starplus_bh

COURIERS

Aramex Bahrain/Shop n Ship
Manama 1733 0434
@aramex

DHL
Manama 1736 4100
@dhl

FedEx
Manama 8000 4314
@fedex

EMBASSIES & CONSULATES

Bangladesh 1723 3925
China 1772 3800
Egypt 1772 0005
France 1729 8600
Greece 3996 7686
India 1771 2785
Iraq 1774 1472
Ireland 1772 8146
Italy 1725 2424
Japan 1771 6565
Jordan 1729 1109
Kuwait 1753 4040

Lebanon 1757 9001
Malaysia 1756 4551
Mexico 1725 2104
Morocco 1774 0566
Netherlands 1760 0110
Oman 1729 3663
Pakistan 1724 4113
Qatar 1772 2922
Russia 1772 5222
Saudi Arabia 1753 7722
Turkey 1753 3448
UAE 1774 8333
UK 1757 4100
USA 1724 2700

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Aqua Cool 1778 4101
Bahrain Gas 1770 2811

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@gigbh

Patrick York Insurance
Seef 1758 7031
@pyinsurance

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Local Call Assistance 100
Local Directory Enquiries 181
Weatherline 1723 6236

OTHER

Top Certifier
Al Qudayyah 3564 3151
@topcertifier_bahrain

British Chamber of Commerce
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@britishchambercommerce
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PHOTOGRAPHERS

Yas Yakes Photos
@yas.takes.photos

Amani Photography
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@amaniphoto_studio

Bader Alwazeer Photography
Manama 3777 3308
@bader_photo

Euroway Photography & Design
Hoora 3730 0097
@euroway_photography

Fatmina Photography
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@fatimaphotography.bh

Jodie Baker Photography
Janabiya 3885 2723
@jodiebakphotography

Khatoon & Bader
Manama 3934 4258
@bkweddings

Little Miracles by Sherin
Manama 3444 3662
@littlemiraclesbys

Makenzie Everboud
@makenzieeverboud
photography

Roqaya Wedding Photographer
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@roqayaphoto

Scope
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@studio_scope

PRINTERS & WEB DEVELOPERS

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@aaaprinterz

Ad Dar Media
Manama 3325 5133
@addar.media

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Flight Information 1733 9339
Police 999

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Mrs Pan Tailoring
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Soriginal Tailoring
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@soriginal.bh

Tailor Express
Manama 3628 8000
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