About Us

Sherry Management & Training Center focuses on providing Beauty & Spa businesses' staff and therapists with the necessary skills and qualifications to carry out their duties with a high level of excellence. Sherry Management & Training Center was established to provide strategic direction and management services to achieve and develop spa and wellness through training and education and growth initiatives.

Its commitment to contribute, develop, and equipped people and spread its expertise in managing spa business Sherry Management & Training Center will pursue its mission for the empowerment to achieve the highest personal and professional direction for spa wellness and development.

Our services include supporting in the management of clients' businesses and their expansion programs. Our team of qualified personnel carries international expertise in operating spas, beauty centers, health clubs, sports and fitness centers, as well as holistic meditation programs such as yoga.

Our Vision

We envision to provide state of the art health and wellness services empowering the populace to become health consumers responsible for their well-being and fulfillment of their personal health goals.
Breathe, Heal, Rejuvenate
Our Mission

Our mission is the promotion and prevention strategies and comprehensive interventions in an effort to protect, preserve and promote the health and well-being of individuals.
The Alternative Center, Alternative medicine is becoming increasingly popular in the World ranging from Chinese medicine to massage therapy. Sherry Retreat caters to the promotion of healthy living as well as the prevention of illness and disease through alternative medicine.
Alternative Medicine
Sherry Wellness – The Management & Training Center, this center offers a wide variety of resources which focus on improving well-being and to support individuals in their pursuit of a healthy state of wellness incorporating all aspects of well-being.

The Center is specialized in Chinese Therapeutic Massage which our experts and practitioners believe that channels or energy in the body have to flow continuously, and that will effectively help an individual to experience renewed strength after a session.
Fire Cupping Therapy
The Massage Center, currently manages the spa business and has grown over the years to become the Kingdom's Premiere Spa Brand. It comprises of a complete menu of holistic treatments in addition to “Sherry Spa's Signature Treatment” and “Classic Sherry Spa Massage”. The Spa’s main branch is located in the heart of Juffair, and 2nd branch located in American Alley specializing in foot massage and Ayurvedic treatments.
Herbal Ball Massage
The Nutrition Center, our mission is to inspire a healthy relationship to food through counseling. We sell nutrition products, Chinese Tea & services to everyone, regardless of insurance status or ability to pay. We work to improve the overall wellness of people by inspiring them to cook, eat real food and purchase nutritional & herbal products.
Chinese Tea
A PIONEER & A LEADER

Shereen Hasan Haji Abul, a pioneer and leader in the spa and wellness industry in the Kingdom of Bahrain and GCC. Shereen is the Owner and Managing Director of Sherry Wellness Centre and Sherry Training and Management Center, as well she operates Retreat Alternative Medicine Center. She is a Bachelor of Science graduate (Business Administration-International Business Concentration) from The New York Institute of Technology. She worked with the Ministry of Works as a Programs Coordinator for a period of 14 years. Shereen has been involved in Spa Conceptualization, Training and Development of various spas and wellness groups in The Kingdom of Bahrain.

She has also taken continuing courses on natural healing and wellness at the International Thai Massage School – Thailand, The Watpo Traditional Medical School - Thailand, Body & Mind Healing School - Thailand and Bali International Spa Academy (BISA) in Indonesia. As well, she is certified in Lymph Drainage Massage Therapy from the TTC Spa School – Thailand. Her completion of the courses made her the first Bahraini Certified Wellness Educator. She is an internationally licensed massage therapist, a certified work-site wellness specialist and a certified wellness educator. Shereen has been a training and organization development practitioner for the past 10 years and is a frequent speaker in spa and wellness conferences.

Currently, Shereen is preparing for the establishment of an International Massage School, the first Locally and Internationally Accredited Spa School in The Kingdom of Bahrain, holding accreditations from various international groups.

“I strongly felt my next step in life was to fulfill a lifelong dream and that is to heal people.”