



GSPA

*The story*



*UNCOVER OUR SECRET OF WELLNESS*  
*G SPA, an experience that makes you sparkle inside out*

## A BELIEF ETCHED IN OUR HEARTS

At G SPA, we are all united over a strong inner belief that tomorrow would definitely be better once we engage in a journey of self-discovery. We are confident that once the transformation starts from within, it will then reach our close community and world around. This is what you will enjoy and live during your experience at G SPA.

Together, G SPA, G FIT, G STYLE and G MED would definitely transport you to this level of wellbeing and internal peace.

## THE ROOTS

The G SPA brand tells stories of love and healing. The 'G' is an emphasis on the family & home dimension. G SPA was founded on 2008 with a global view to now reach a family that has exceeded a hundred of professionals in different areas and thousands of mind-alike clients who regularly visit G SPA and express that this place is like home to them. Our specialists are all experts in their respective fields, they all have a deep understanding of the individualized needs of well-being.

*They all have a self-satisfaction for making people happy.*

*The word 'SPA' stands for 'SANITAS PER AQUA' meaning health through water representing our indoor pool, our variety of treatments that are based on aqua therapy, and our striking exclusively French designed water fountain right in the middle of our premises.*

*Truly water to us is a major element of life, vitality renewal and purification.*

*Once you step into G SPA you will be welcomed right into our family and the healing begins.*





## BEHIND THE WALLS

G SPA is a story of love, development and transformation. The G SPA concept, as it is today slowly came to life in 2005 when our founders came together to develop *"Institut Le Gabriel"* into a full fledged spa experience.

We at G SPA are proud to be playing a role in setting a strong foundation for a wellness and fitness community in Lebanon. G SPA is the first spa of its kind to offer a complete wellness experience that focuses on body, mind and spirit with a focus on health and beauty.

The vision of G SPA is clear to *help transform individuals from within, to educate them about their wellbeing and to guide them to bettering themselves for a phenomenal future.*

## BE A PART OF OUR STORY

Whatever it is that your body, mind or spirit seeks, you will find it within our journey.

We draw on wellness traditions from all over the world and create unique experiences for unique clients. Visit one, some or all the departments, it is totally up to you to make the choice and up to us to craft the experience.

*You have entered our world. You are a part of our story.*

# G SPA RELAX & REVITALIZE BODY & SOUL

## TODAY IT'S ALL ABOUT YOU AND ONLY YOU

Step into our carefully hidden corridors. Let the soft music calm your mind, let the sound of falling water and the incense of orange blossom coupled with lavender intrigue your senses.

*This is your own world.*

*It's a place where you belong.* A place of pure bliss where cutting edge research seductively combines with traditional wisdom resulting in experiences that awaken all the senses and purify the body from within.

G SPA celebrates your individuality with fragrant organic oils, therapeutic massages, hydrotherapy cures and rejuvenating treatments.

Skilful hands, a melange of herbs, facials, body treatments and a subtle gentleness take you on a journey of rejuvenation.





## WALK TOWARDS OUR WET AREA

Water as a form of relaxation and equilibrium has been an ancient ritual of healing used in many traditions around the world. At G spa, we utilize the therapeutic power of water in most of our treatments. Our hydrotherapy experiences and extensive variety of purifying treatments are guaranteed to stimulate the body's circulatory system, relax tired muscles, boost immunity and purify both the body and soul.

## THE PATH TO WELLBEING

Your journey into wellness begins in the exquisite walkway that connects the reception to the spa area. Your therapist opens the wooden door and the moment you step in you are transferred to another world, a magical area.

*This is your moment in time. Take a deep breath. This is just the start.*

## RELAX BEFORE YOUR TREATMENT

## BASK IN AFTER YOUR EXPERIENCE

Walk into our serene relaxation room. Shut out all the city chaos; You will not want to leave the relaxation room, the magic that lies ahead awaits you. Rest assured, you will come back here after your treatment to allow yourself time to go back into the world, transformed.

*Let the experience linger on.*

## THE TURNING POINT

You will be walked into one of our treatment rooms, drawing influence from ancient and international healing and wellness rituals, we offer holistic body and facial treatments which engage all the senses and nurture body, mind and soul.

Our specially tailored treatments ease head to toe tension and ensure that the sense of harmony, calm and wellbeing that you achieve today will remain with you long after your treatment is completed.

Our massages and treatments soothe your skin, your muscles and your soul.

Our therapists tune to your needs. They listen to your body and personalize every single treatment.

Let yourself go, soak in the moment. This is truly a magical experience, a journey of transformation. New treatments are added to our menu on a continuous basis. We listen to you and ensure that we create experiences that provide a deep sense of satisfaction.

*You will want to come again and again and surely almost every day.*





## SHARE THE EXPERIENCE

We invite you to share your experience and do good for beloved ones. On special personal occasions or events, allow family & friends to enjoy and go through what you have felt and lived. They deserve to be well cared, at peace with themselves. People might forget many of the gifts you buy them, but they will never forget how you made them feel! Give the gift of experience.

## TAKE SOME MEMORIES WITH YOU

You loved the experience? Why not take with you some memories; this can be just done by choosing from our products, therapeutic oils, scented candles, body scrubs, creams and recreate the experience at home.

*Let the memory linger on.*

# G MED EMBRACE WELLNESS

## A HOLISTIC APPROACH TO WELLNESS

It's all about wellness. It's all about a shift in perspectives. It's all about sustainable health.

Here you will be guided by a unique team of consultants chosen based on your own personal health goals.

A personal trainer, a physiotherapist, a nutritionist and a wellness consultant, all come together to create the perfect plan tailored just for you.

Our aim is to help you promote a harmony between mind, body, spirit and environment.

We guide you to get rid of all those obstacles that stand in the way of good health and vitality.

*We guide you to be the best version of yourself!*

## STEP BY STEP TOWARDS THE PERFECT EDITION OF YOURSELF

Your body journey towards complete and sustainable wellness and betterment starts with a morphotherapy consultation provided by a wellness consultant.

She focuses on your body composition, posture, eating habits, daily activities, quality of sleep, your job demands, your social life habits, your stress levels and your hormonal imbalances; she also conducts you to a postural and functional assessment as well as a body composition analysis.





# G FIT START YOUR FITNESS TODAY

## UNLEASH YOUR POWER. WE KNOW YOU HAVE IT

At G FIT, you will realise you have power within you that you never knew of. You will realise that you can reach physical and fitness goals you have only dreamed about before.

A functional assessment and a corrective approach, a dynamic space, a beautifully designed studio, a variety of fitness classes, a therapeutic pool and highly skilled physical trainers ensure that you will find what you need here.

Your body is our masterpiece. Give yourself time to enhance your overall physical strength. Give yourself time to understand your body. You will be able to clarify your thoughts, intensify your feelings and simply shine inside out.

*This is how it is meant to be. This is who you were born to be.*

## A COMPLETE EXPERIENCE FOR ULTIMATE PERFORMANCE

Our gym facility is divided into four interconnected areas to facilitate a complete fitness experience. Our state of the art facility and equipment focus on a whole new concept of training with the latest technologies.

Whether you are an athlete training for a marathon, or you are here for weight loss, or you simply want to challenge your own self, you have come to the right place. We provide functional programs, high-tech equipment and personalized training sessions that help you achieve your personal goals.

We provide you the tools, the program, the inspiration, the guidance and we leave the performance up to you!





## THE STUDIO

As a G FIT member, you may benefit from a wide variety of studio courses. Our classes are based on three interrelated approaches: Posture & Balance, Cardio Endurance and Strengthening.

## THE POOL

Our pool is fully equipped with specific work-out concepts such as bikes, reclines, elliptical, gym sticks and currents. G FIT members can benefit from a variety of aqua group classes throughout the week or register for a personalized aqua session with one of our personal trainers.

Whether you are visiting G FIT for the day, or you are committing for years, you will join a passionate supportive community that sees no obstacles to good health.

*Start your fitness journey today.*

# G STYLE WHERE BEAUTY MEET ARTS

To ensure that your transformation is complete, our saloon offers high end refined services ranging from brow shaping to ultimate hair make-over experiences. We approach every individual as a fresh art canvas. Allow us to produce art.

*You are our inspiration. You are our muse.*

Guided by our French expertise, our saloon is the perfect place to complete your road to enhancement. Here you will touch up on your overall beauty and style.

*We are inspired by art, life and natural beauty.*

*We are passionate about colour, hair, skin, make up and your eyes.*





*Our Wellness Guide*

# OUR FACIAL TREATMENTS

*At G spa, we are firm believers of inside beauty reflecting on the outside. We are therefore committed to making sure your skin reaches its full potential. Here is the list of Facial Treatments we offer.*

## Express Radiance Facial - Cinq Mondes **20min | 75 000 LBP**

A Discovery treatment for the well-being of your skin, revealing its natural glow.

## Traditional – Phytobiodermie **80min | 195 000 LBP**

Sometimes the traditional way is the most efficient. Cleanse your pores by eliminating skin toxins and impurities. This treatment drains the microcirculatory system and brings you a cleared and mineralized complexion by stimulating energy points.

## Purifying Illuminescence Facial – Cinq Mondes **80min | 180 000 LBP**

A purifying facial recommended for young skins. This massage of the face, neck and trapezius back muscle combined with authentic and ancestral Balinese Art of Touch Ritual cleanses the pores by eliminating the skin's toxins.

## Elemental – Phytobiodermie **80min | 180 000 LBP**

A treatment using chromotherapy, which increases your face's radiance and vitality. By stimulating cellular oxygenation, this facial soothes and re-hydrates your skin for a beautiful glow.

## Illuminescence Facial - Cinq Mondes **50min | 150 000 LBP**

A restoring and illuminating facial for instant radiance. A massage of the face, neck and trapezius back muscle combined with authentic and ancestral Balinese Art of Touch Ritual will leave you with a feeling of freshness.

## Hydratonic anti-wrinkle – Phytobiodermie **80min | 180 000 LBP**

One way to beat pollution and the harmful effect of the sun is through this regenerating treatment. Using chromotherapy to balance your chakras and heal your skin's problems, this facial leaves your skin feeling soft and completely hydrated.

## Chromalift – Phytobiodermie **80min | 225 000 LBP**

Slow down your skin's aging process with this anti-aging facial that uses light energy and colors to tone and smoothen your face.

## Ageless – Phytobiodermie **80min | 225 000 LBP**

There are five major benefits to this luxurious anti-aging solution: essential moisturizing, in-depth wrinkle filling, lifting, tone and firmness enhancement, intake of essential minerals and anti-aging antioxidant properties. This treatment, while remaining natural and holistic, is just as well effective.

\* 20 min treatments are only available as a supplement to other treatments.

 For optimum results, our team recommends this treatment as a cure.

Precious Ko Bi Do Fountain of Youth Facial – Cinq Mondes **80min | 225 000 LBP**   
Your natural face-lift awaits! This extensive treatment has a clear effect on the skin's firmness and radiance as well as wrinkles.

Quantum Phyto for Emotional Beauty – Phytobiodermie **80min | 247 000 LBP**  
After an emotional diagnosis, your emotion of the moment will be revealed. We then proceed to selecting your element and merge everything together to create an energy and emotional balance through positive thinking and water memory.

Sygmalift   
Price and duration vary based on a personalized evaluation and determination of treatment areas.

A non-invasive anti-aging treatment that resculpts the lines and contour of your face. Based on a new generation of Focalised Ultra-Sound, Sygmalift naturally stimulates the collagen secretion of your skin, reshapes its fibers and ensures a better elasticity. Treatment available for both men and women.

Endermolift LPG Alliance   
Price and duration vary based on a personalized evaluation and determination of treatment areas.

With this anti-aging technique, find the contours of your face firmer, its complexion clearer and its wrinkles and fine lines filled from the inside.

 For optimum results, our team recommends this treatment as a cure.

## OUR BODY TREATMENTS

*Your body takes you on life's experiences. It is crucial you treat it well! Our body treatments are here for that.*

### SCRUBS

Papaya Scrub – Cinq Mondes **20min | 75 000 LBP**  
Using a mix from the ancient Kingdom of Siam that contains natural papaya extract, this scrub treatment will refine and illuminate your skin.

Aromatic Spices Scrub – Cinq Mondes **20min | 75 000 LBP**  
Inspired by a ritual practiced in the island of Java, this scrub not only gives your skin a satin-like feel, but also energizes your body by magnifying its radiance.

Snow Crystals Scrub – Pure Altitude **20min | 75 000 LBP**  
This exfoliating, comfortable and soothing scrub is perfect for all types of skin. The combination of Crystal sugars and mountain active ingredients allow the regeneration of your skin and protects it from stress and aging.

\* 20 min scrubs are available only with a complementary treatment and in dry cabin.

## SCRUBS AND WRAPS

### Hammam Ritual - Cinq Mondes **50min | 150 000 LBP**

Start with a purifying scrub carried out with a glove using Black Soap inspired by North African tradition, and continue with a purifying and detoxifying wrap using “Crème de Rassoul” that will tighten your pores. The Sumptuous Oil of the Orient will then be used as a final step to leave your skin pleasantly moisturized.

### Papaya Scrub & Wrap **50min | 150 000 LBP | 180 000 LBP\***

Recommended for sensitive skin, this treatment leaves it bright, luminous and naturally soft. Start with a body scrub rich in natural papaya extract followed by a Jasmin wrap.

### Aromatic Spices Scrub & Wrap **50min | 150 000 LBP | 180 000 LBP\***

Exfoliation is the key to revealing your skin's natural light. Start with a scrub rich in spices and salt flowers followed by a detoxifying cranberry wrap.

### Snow Crystals Scrub & Wrap **50min | 150 000 LBP | 180 000 LBP\***

Stress and aging have a high impact on your skin's wellbeing. This soft and pleasant texture scrub uses a combination of sugar crystals and mountain active ingredients to regenerate and protect your epidermis.

### Zen Scrub & Wrap - Phytobiodermie **50min | 150 000 LBP | 180 000 LBP\***

Relax into this detoxifying sea scrub with smooth lotus and bamboo seeds followed by a violet clay wrap that will leave your skin smooth and silky.

\* Complementary Floating experience with all Scrubs and Wraps.

## OUR SILHOUETTE TREATMENTS

*Nowadays, your silhouette is the first impression of your wellbeing. We offer a variety of treatments that help in shaping your silhouette and reach its highest level of wellness.*

### Morphotherapy Consultation **60min | 75 000 LBP**

Dedicate this session to assess your wellness goals. With a personalized consultation, we will evaluate your body's needs and craft a bespoke treatment plan that will help you reach the highest level of well-being.

### Chromo-Energetic Drainage - Phytobiodermie **50min | 150 000 LBP 80min | 225 000 LBP**

This treatment aims to reduce fat mass, eliminate toxins and boost your lymphatic circulation. It is achieved by applying active products and combining them with a chromo-energetic drainage.

### Chromo-Energetic Drainage & Wrap- Phytobiodermie **100min | 270 000 LBP**

This extensive treatment combines a drainage with an algae and clay wrap followed by a bath under a specific light that rebalances your energy centers.

### Watermass & Floating **50min | 150 000 LBP 80min | 225 000 LBP**

Relax into a slimming treatment designed to fight cellulite and greasy skin clusters. Combining the benefits of hot water, essential oils and professional modeling, this treatment improves the quality and elasticity of the skin.

\* Consult for a personalized Wellness Cure and optimal results.

## Lymphatic and Circulatory Drainage **50min | 150 000 LBP**

By using a special technique that combines lymphatic and venous drainage, this treatment activates your circulation and eliminates toxins.

## Brazilian Ritual - Cinq Mondes **50min | 150 000 LBP**

Combining a manual Coffee Cream massage with a clay and algae wrap, this draining and firming treatment is inspired by Brazilian rituals.

## Ayurvedic Ritual - Cinq Mondes **50min | 150 000 LBP 80min | 225 000 LBP**

Prevent cellulite and detoxify your skin with this treatment based on Indian rituals. A warming wrap and a manual massage are combined to optimize the effects of ginger and Lipocare.

## Quantum Phyto for Emotional Beauty – Phytobiodermie **80min | 247 000 LBP**

After an emotional diagnosis, your emotion of the moment will be revealed. We then proceed to selecting your element and merge everything together to create an energy and emotional balance through positive thinking and water memory.

\* Consult for a personalized Wellness Cure and optimal results.

## Sygmalift

Price and duration vary based on a personalized evaluation and determination of treatment areas.

A non-invasive anti-aging treatment based on preventive technology and the use of Focalized Ultrasound that targets the collagen stimulation. Sygmalift is one of our many treatments dedicated to reduce the “orange peel” aspect of the skin and improve its elasticity.

## Cryotherapy

Price and duration vary based on a personalized evaluation and determination of treatment areas.

This treatment focuses on eliminating fat cells or adipocytes. It enables their self-destruction by using a non-invasive technique of controlled cooling combined with vacuum.

## Vela Shape II

Price and duration vary based on a personalized evaluation and determination of treatment areas.

This mechanical rolling technique, combined with radio frequency and infrared heat, takes off inches, firms the skin and reduces the “orange peel” aspect of the skin.

## Alliance by LPG

Price and duration vary based on a personalized evaluation and determination of treatment areas.

This mechanical rolling technique is ideal for treating cellulite, firming your skin and taking off a few inches.

\* Consult for a personalized Wellness Cure and optimal results.

# OUR MASSAGES

*A lifestyle based on preventive or therapeutic wellbeing has become a must. Choose one of our multiple relaxing massages to insure the wellbeing of your body and soul.*

## Relaxing Massage **50min | 150 000 LBP** **80min | 225 000 LBP**

Using a complete relaxing approach, this treatment will give you deep physical relaxation while also awakening your psycho-corporal consciousness. Get back into the world physically and mentally relaxed.

## Therapeutic Back Massage **20min | 75 000 LBP**

Eliminate all tension and relax under this slow and deep massage of your back and scalp.

## Fusion Massage **80min | 225 000 LBP**

This treatment is dedicated to sportspeople who wish to improve their performance or prepare their body for any physical activity. By combining pressure, friction, stretching and percussive techniques, the preventive and recovery effects of this massage will amaze you.

## Thai Massage **80min | 150 000 LBP**

This massage is a combination of Thai techniques that include acupressure, energy canals work and gentle passive stretches that restore your energy balance.

## Hot Stones Massage **80min | 225 000 LBP**

This energetic full-body massage combines a number of massage techniques and the use of volcanic rocks for maximum relaxation and energy balance.

## Four-Hands Massage **50min | 270 000 LBP**

With this treatment, you can say goodbye to muscle tension and contraction. Two of our therapists apply their relaxation techniques in harmony and synergy.

## Special Pregnancy Massage **50min | 150 000 LBP**

There is nothing more than an expecting mother who wants to relieve back and leg pain as well to improve blood circulation and skin elasticity. This treatment has been designed just for you!

## Traditional Oriental Massage - Cinq Mondes **50min | 150 000 LBP**

Based on Maghrebian traditional rituals, this slow and calming massage is based on hot oils and leaves you feeling peaceful and at ease.

## Balinese Massage - Cinq Mondes **50min | 150 000 LBP**

This Bali-inspired massage combines traditional smoothing techniques and gentle stretches, using the "Baume Fondant aux Noix Tropicales" - Tropical Nuts Melting Balm.

## Ayurvedic Massage - Cinq Mondes **50min | 150 000 LBP**

This revitalizing and muscle-relaxing Ancient Indian massage uses hot oil to release tension and restore your energy.

## G spa Signature Massage **80min | 285 000 LBP**

This body massage and facial experience use bamboo, shells and hot oil to awaken your senses. A truly relaxing experience that combines touch, smell and taste.

## Wellness Ritual **80min | 240 000 LBP** **110min | 315 000 LBP**

We welcome you into this ritual with a head and neck massage with digital acupressure, while your feet are dipped in water with salts and essential oils. We continue with a foot reflexology followed by a relaxing 50 or 80-minute massage.

Optional: Add a Ko Bi Do Facial to the ritual (refer to Facial section for more details on the Ko Bi Do).

\* 20 min treatments are only available as a supplement to other treatments.

# FOOT WELLBEING

## Aqua Roll Ritual **50min | 150 000 LBP**

For a feeling of lightness in your legs, soft feet and a relaxed body and mind, choose the aquaroll massage with balls, followed by a foot scrub and reflexology.

## Leg Freshness Duo **50min | 150 000 LBP**

Give your legs and thighs a feeling of lightness and vitality with a tonic circulatory massage followed by acupressure on your feet's reflex areas.

## Foot Reflexology **20min | 75 000 LBP 50min | 150 000 LBP**

This treatment uses your feet to stimulate your body's physiological system. Massaging and applying pressure on specific areas of your feet allows the harmonization of your vital organs' energy.

## Relaxing Leg Massage **20min | 75 000 LBP**

Refresh your tired feet with this relaxing massage using products rich in bamboo, camphor and menthol.

# OUR BEAUTY ESSENTIALS

*Our beauty lounge offers all of your essential beauty services. All you have to do is to sit back and relax.*

## Minute Hand Treatment **30min | 13 000 LBP**

Make a quick appointment for fast nail reshaping and freshen up your nail polish.

## Complete Manicure **45min | 25 000 LBP**

Having beautiful hands is essential. Enjoy a full hand care and manicure in our beauty corner.

\* **20 minutes treatments are only available as a supplement to other treatments.**

## G SPA Manicure **75min**

Treat yourself to our signature manicure ritual with a Cinq Mondes massage and a scrub, followed by a full cuticle removal and nail reshaping and topping it all off with the color of your choice.

## Minute Foot Treatment **30min**

Make a quick appointment for fast nail reshaping and freshen up your nail polish.

## Complete Pedicure **45min**

Be comfortable in your shoes and show off your beautiful feet after a relaxing pedicure.

## Medical Pedicure **60min**

Ensure the health of your feet by having a dry pedicure combining podiatry to nail care. Our specialist is here to prevent and treat any corns, fungus, ingrown nails or discoloration.

## G SPA Pedicure **90min**

Lay back and relax with our signature pedicure ritual that includes a massage and a scrub, followed by a full cuticle removal, dead skin removal and nail shaping, topped by the color of your choice.

## Eyebrow Hair Removal **30min**

You can completely trust our professionals to shape your eyebrows in harmony with your face and eye-shape.

## Complete Waxing **60min**

Our professionals expertly wax your whole body, leaving it smooth and clear.

## Electrolysis

For more permanent hair removal, electrolysis is a recommended option.

## Classic Make-up **60min**

Our professional make-up artists will listen to your preferences and perfect your make-up for that special occasion.

The price for permanent make-up and beauty tattoos are based on a personalized consultation.

# G STYLE - OUR SALOON BY YANN

*Life is in the hair! Like the rest of your body, your hair needs pampering too!*

*Our professional hairstylists are here just for that. Step into G Style and let us take care of the rest.*

Brushing **18 000 LBP | 22 500 LBP**

*A proper blow-out to make you feel put-together.*

Haircut

*Our team of hairstylists will give you the best haircut for your face-shape and style.*

Lady	Man	Junior	Kid
<b>60 000 LBP</b>	<b>45 000 LBP</b>	<b>37 500 LBP</b>	<b>30 000 LBP</b>

Hair Coloring

*By looking at your skin tone and style, our team will help you choose the most flattering hair color.*

Lady	Man
<b>75 000 LBP</b> <b>90 000 LBP</b>	<b>60 000 LBP</b>

Highlights

**67 500 LBP**  
**150 000 LBP**

- Our services are delivered to Ladies, Junior, Men and Kids.
- For hair treatments and special occasions, ask for our specialists' advice.

# OUR SPA DAYS

*Depending on your needs, preferences and mindset, you can choose a day-package crafted just for you.*

Cinq Mondes Rituals **100 min | 270 000 LBP**

*Enjoy a body scrub and wrap before relaxing into a traditional massage.*

Body Scrub & Wrap - Cinq Mondes

Traditional Massage - Cinq Mondes

G SPA Journey **100 min | 330 000 LBP**

*Pamper yourself with our signature treatments and beauty routines.*

Wellness Ritual

G spa Signature massage

Vitality Day **3h | 415 000 LBP**

*Need to feel re-energized and refresh your senses? Spend a day revitalizing your body with this ritual.*

Snow Crystals Scrub - Pure Altitude

Fusion Massage

Hydratonic anti-wrinkle - Phytobiodermie

Getaway Day **5h | 493 000 LBP**

*Leave all of your stress behind and lose yourself in a sea of aromas and relaxation.*

Precious Ko Bi Do Fountain of Youth Facial – Cinq Mondes

Hot Stones Massage

Manicure G spa

Pedicure G spa

Brushing and Hair Treatment

# HYDROTHERAPY

*It is a fact that water is a great therapy. Enjoy our oasis of tranquility.*

## Hammam

We believe in the Hammam's power to give intense relaxation and deeply purify the skin. 20 minutes in the Hammam is recommended to fully complete and optimize the benefits of the treatments.

## Tylarium

A gentle combination of sauna and Hammam that balances the atmosphere's humidity levels.

## Jacuzzi

Before or after your treatment, head to the whirlpool bath for more relaxation.

## Pool, Currents and Jets

Our aquatic space is well designed to provide you with all kinds of water therapy using a variety of currents, accessories and equipment.

## Vichy Showers

Experience a water massage that will stimulate your senses and make you feel wonderfully relaxed. Let the Vichy showers massage you while you lie on a hot marble or floating bed. The smells of perfume and products of your choice make this treatment complete.

## Floating Bed

Disconnect in a relaxing atmosphere and experience the feeling of weightlessness. You will feel mentally and physically full with our floating bed. Make this experience more complete with our scrubs and wraps or the Watermass.

 Access to the hydrotherapy area is free with every treatment.

# G SPA AND YOU

*At G spa, we pride ourselves in putting the customer above everything. To be able to insure a memorable experience, here are a few general information we thought you should know.*

## Gifts

G spa offers a wide range of services that can be offered as custom-made gifts to loved ones, allowing them to live an unforgettable experience.

## Special events

Celebrating a birthday, an anniversary, a bachelor party or just want to relax with your significant other? Make it exceptional. Pamper yourself and those close to your hearts with a special package, upon consultation.

## Make the most out of your visit

To make your time at the spa even more enjoyable, we recommend you arrive 15 minutes prior to your treatment appointment. We also advise you arrive 45 minutes before time if you wish to enjoy our wet area, steam bath, Tylarium, pool, relaxation room and Jacuzzi. Make sure you bring your swimsuit !

## Your personal health

It is advised you inform us about any health or well-being concern you might have.

If you are pregnant, kindly inform us so we can advise on pregnancy-safe treatments and customized techniques.

## Your personal belongings

You will be provided with a private locker to keep your personal belongings. However, we cannot be held responsible for any handbags, purses or any valuables.

## In case of delay

We usually do our best to accommodate late arrivals. However, in some situations and depending on your arrival time, this can reduce your treatment time.

## Cancellation Policy

Kindly notify us of any cancellation 24 hours before your treatment time.

The management reserves the right to charge the full amount if any cancellation happens after that.

## Take G spa home

The products used during your treatments are on sale in our boutique. Our professionals are more than happy to guide your choice.

## Our Healthy Food Contribution

For added well-being, G SPA' s menu recommendations are present at the restaurant on the first floor.





1<sup>st</sup> SPA AWARDED  
Spa QUALITY LABEL  
IN THE MIDDLE EAST