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G·SPA
SOCIAL WELLNESS CLUB



G·SPA

Social Wellness Club

A destination where wellness, movement, recovery, and beauty come together under one iconic rooftop.



G.SPA

SOCIAL WELLNESS CLUB

For over 18 years, G.SPA has been a reference in wellness and self-care. Today, G.SPA evolves into a Social Wellness Club — a holistic ecosystem where spa rituals, boutique studios, medical aesthetics, recovery spaces, and functional nutrition coexist to support modern lifestyles, long-term vitality, and meaningful human connection.

Why G.SPA

Founded in 2008, G.SPA has established itself as a benchmark for quality, credibility, and excellence in wellness and fitness, earning recognition as a Certified Spa A and one of the leading fitness and recreational destinations in town. This legacy provides a rare combination of trust, operational maturity, and brand equity.

G.SPA Studios

Precision. Performance. Presence.

G.SPA Studios is a curated movement destination designed for those who train with intention.

It brings together boutique personal training, Reformer Pilates, LAGREE, and mind-body group classes within a controlled, design-led environment where coaching quality, movement precision, and recovery intelligence define the experience.

Each studio serves a distinct physiological purpose, yet all operate within one integrated philosophy: train better, recover smarter, and move with longevity.



The Boutique

Personal Training Studio

A high-touch, results-driven personal training environment purpose-built for one-to-one and small-group coaching. Programming, load management, and progression are fully individualized and delivered under continuous professional supervision.

Defining Characteristics

- Client-specific assessments and intake protocols
- Individually periodized training programs
- Coach-led session execution
- Low client-to-coach ratios
- Data-informed progression and recovery management

This is the highest standard of coached physical preparation—designed to eliminate guesswork and maximize efficiency, safety, and long-term performance.

Physiological Outcomes

- Sustainable strength gains
- Improved movement mechanics
- Reduced injury risk
- Enhanced neuromuscular efficiency
- Long-term physical autonomy



Reformer Pilates Studio

8 Reformers | Small-group precision training

Reformer Pilates is a low-impact, resistance-based training system performed on specialized equipment using adjustable springs, straps, and a sliding carriage to deliver controlled, highly precise movement. The G.SPA Reformer Studio is equipped with 8 reformer machines, allowing small-group instruction with close technical supervision and individualized corrections.

Technical Definition

Reformer training is grounded in:

- Controlled range of motion
- Breath-led sequencing
- Axial elongation and spinal organization

Physiological Outcomes

- Deep core stability (transversus abdominis, pelvic floor, multifidus)
- Improved posture and spinal support
- Balanced strength and flexibility
- Joint mobility with control

Professional Distinction

- Precision-focused rather than fatigue-driven
- Alignment prioritized over load
- Foundational movement system, not an intensity workout

*Schedules are available at the end



LAGREE Studio

8 Megaformers | High-intensity, low-impact conditioning

LAGREE is a high-intensity, low-impact, full-body training method performed on proprietary resistance-based machines. The G.SPA LAGREE Studio features 8 Megaformer machines, ensuring controlled class sizes, consistent coaching quality, and maximal training efficiency.

Technical Definition

LAGREE is a time-under-tension training system emphasizing:

- Slow, controlled movement
- Eccentric muscle loading
- Continuous core engagement

Physiological Outcomes

- Deep core strength and stabilization
- Muscular endurance and strength simultaneously
- Improved balance and postural control

Professional Distinction

- More intense and anaerobic than Pilates
- Safer than traditional heavy lifting
- Controlled tension over explosive power

LAGREE bridges corrective training, strength conditioning, and endurance performance in a single method.

*Schedules are available at the end



Movement & Mind Studio

A purpose-designed group training environment delivering instructor-led classes across cardiovascular conditioning, strength training, mobility, and mind-body integration.

Classes are categorized by training outcome and neuromuscular demand, allowing members to choose sessions aligned with performance goals, recovery needs, or nervous system regulation.

Class Domains

Cardio & Rhythm-Based

- VO₂ capacity and endurance
- Coordination and reactivity
- Stress release through movement

Strength & Conditioning

- Lean mass development
- Functional movement patterns
- Performance-driven coaching

Mind-Body / Mobility

- Nervous system regulation
- Postural integrity
- Recovery and injury prevention

*Schedules are available at the end



Aqua Gym

Low-impact aquatic fitness | Strength, cardio & mobility

A full-body water-based workout designed to improve cardiovascular fitness, muscular endurance, and mobility while minimizing stress on the joints. The natural resistance of the water creates an effective yet gentle training environment suitable for all fitness levels.

Technical Definition

AQUA GYM is an aquatic resistance training method emphasizing:

- Natural water resistance
- Low-impact functional movement
- Full-body conditioning

Physiological Outcomes

- Improved cardiovascular endurance
- Increased muscular strength and endurance
- Enhanced mobility and flexibility

Professional Distinction

- Joint-friendly alternative to land-based workouts
- Suitable for all ages and fitness levels
- Combines cardio, strength, and recovery in one class

AQUA GYM delivers an effective full-body workout by combining the natural resistance of water with functional movement, helping improve fitness, strength, and overall well-being.

*Schedules are available at the end



Recovery Zone

Outdoor Pool

The G.SPA outdoor pool supports low-impact conditioning, circulation, and post-training decompression. It functions as a complementary recovery and movement space within the broader wellness ecosystem.

Dome

Rest. Presence. Social recovery.

The Dome is a calm, design-led recovery and social space where members can sit, relax, and unwind between sessions. It is intentionally unprogrammed, offering a moment of pause within the wellness journey.

Designed to support passive recovery and social wellbeing, the Dome allows the nervous system to settle while encouraging relaxed, meaningful interaction in a low-stimulation environment.

Purpose & Benefits

- A space to sit, decompress, and reset
- Informal social connection without sensory overload
- Nervous system down-regulation
- Integration of recovery as both a personal and shared experience



Cold Plunge

Nervous system reset & inflammation control

The Cold Plunge is a controlled cold-immersion therapy designed to accelerate recovery, reduce inflammation, and recalibrate the nervous system after physical or mental stress.

Physiological Benefits

- Reduced muscle soreness and inflammation
- Enhanced circulation and lymphatic response
- Nervous system regulation and stress resilience
- Improved recovery speed and mental clarity

Cold exposure is applied intentionally, supporting both athletic recovery and long-term metabolic health.



Infrared Sauna

Deep heat. Cellular recovery. Metabolic stimulation.

The Infrared Sauna uses radiant heat to penetrate deep into tissues, promoting detoxification, circulation, and cellular repair without the extreme temperatures of traditional saunas.

Physiological Benefits

- Increased blood flow and oxygen delivery
- Muscle relaxation and joint relief
- Enhanced metabolic function
- Improved sleep quality and stress reduction

Together with cold exposure, infrared heat forms a powerful recovery sequence that restores physical readiness and supports long-term resilience.



Wellness Bar

The G.SPA Wellness Bar is a wellness-oriented nutrition and social space designed to support recovery, connection, and dwell time. It bridges physiological needs with social wellbeing, reinforcing wellness as a lived lifestyle rather than a scheduled activity.

Technical Definition

The Wellness Bar provides:

- Functional beverages and nutrient-dense offerings
- Post-training and post-recovery nourishment
- A calm social environment for integration and connection

It is intentionally positioned as a non-commercialized, low-noise gathering space.

Physiological & Behavioral Outcomes

- Improved post-training recovery compliance
- Hydration and nutrient replenishment
- Extended time spent within the wellness environment
- Strengthened community bonds

The Wellness Bar is a wellness-focused social space that supports recovery, nourishment, and community through intentional nutrition and calm, design-led interaction.

THE SPA

A dedicated sanctuary within G·SPA
where wellness, beauty, and relaxation
come together in one elevated experience.





Relaxation Room

The G.SPA Relaxation Room is a purpose-designed decompression space that supports the transition into and out of treatment. It acts as a sensory buffer, helping guests disconnect from external stimuli and enter a state of calm.

Technical Definition

The Relaxation Room provides:

- A low-stimulation, quiet environment
- Pre- and post-treatment decompression
- Controlled lighting and sensory conditions
- Spaces that support stillness and mental reset

It is intentionally positioned as a low-noise, non-interactive sanctuary.

Physiological & Behavioral Outcomes

- Nervous system downregulation
- Improved treatment readiness
- Enhanced post-treatment recovery
- Extended relaxation and dwell time

The Relaxation Room is a restorative space that enables smooth transition, supporting relaxation as a sustained state rather than a temporary experience.

FACIALS

Fresh Vitamin Care - Algotherm

25min | \$60

Healthy Glow Effect

With this revitalizing, radiance-enhancing treatment, the skin benefits from a rejuvenating face and neck massage and a fresh, vitamin-packed gel mask. The skin is instantly revived, smoothed and relaxed. The complexion is even and radiant.

Comfort Cocooning Care - Algotherm

25min | \$60

Intense Nutrition

This amazing moisture bath is specially designed to rehydrate and nourish dry and dehydrated skins. The care is a wonderful combination of the massage technique and experience of vitality when the cream mask is applied to the skin. The skin is sustained soft and soothed.

Youth Care - Algotherm

50min | \$100

When algae lift the skin

This in-depth firmness care has been especially designed for skin lacking vitality, where wrinkles and fine lines have begun to set in. The unique lifting massage will turn this care into a unique experience. The skin is lifted and more luminous, the person looks visibly younger.



Balancing Purifying Care - Algotherm

50min | \$100

When algae rebalance the skin

Designed for combination to oily skin, with or without imperfections This care is the perfect opportunity for completely new skin. The skin is rebalanced, it does not shine, and imperfections are eliminated

Purifying back

50min | \$100

The skin is deeply cleansed and purified through a combination of cleansing, exfoliation, gentle extractions, and a purifying mask. Congestion and impurities are visibly reduced while the skin is rebalanced and refreshed. The back regains a smoother texture, a clearer appearance, and a healthy, revitalized glow.

Anti-Wrinkle Care - Algotherm

80min | \$150

An outstanding treatment for total anti-ageing action

The skin can relax under the effect of a thermal or peel-off oil-based mask with lifting, detoxifying and revitalizing properties Muscles are stimulated and toned, wrinkles are reduced and facial contour is redefined The skin has all the qualities of perfection; it looks and feels soft, velvety and smooth

Glowing Facial- Algotherm

80min | \$150

The skin is perfectly oxygenated and regains its natural radiance Muscles are relaxed and toned by the pouches rich in blue Blue-green algae “Spirulina” with its strong antioxidant effects It offers protection against the aggressions undergone throughout the day The facial contour is sculpted and redefined due to the Gua Sha and the Quartz Roller lifting action

Precious Ko Bi Do - Cinq Mondes

80min | \$150

Your natural face-lift awaits! This extensive treatment has a clear effect on the skin’s firmness and radiance as well as wrinkle

Elemental - Phytobiodermie

50min | \$100

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

Traditional - Phytobiodermie

80min | \$130

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

Ageless - Phytobiodermie

80min | \$150

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

Chromalift - Phytobiodermie

80min | \$150

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



Face Lift Gym

50min | \$100

A workout for your face! This non-invasive treatment combines advanced microcurrent technology and targeted massage techniques to tone facial muscles, lift contours, and stimulate collagen — leaving your skin visibly firmer, smoother, and naturally radiant

Venus Legacy Facial*

A non-invasive facial treatment that uses multi-polar radiofrequency and pulsed electromagnetic fields to stimulate collagen, tighten skin, reduce wrinkles, and enhance facial contours — for a firmer, more youthful glow with no downtime,

Alliance by LPG® *

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

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



MASSAGES

Relaxing Massage

50min | \$100 - 80min | \$150

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.

Thai Massage

50min | \$100 - 80min | \$150

Combining assisted stretching with rhythmic pressure techniques, this traditional treatment releases deep muscular tension, improves flexibility, and restores the body's natural balance. Leave feeling lighter, re-energized, and completely renewed.

Therapeutic back massage

25min | \$60

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

Four Hands massage

50min | \$180

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 | \$100

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

Traditional Oriental Massage - Cinq Mondes 50min | \$100

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 | \$100

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

Hot Stones Massage 50min | \$100

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

G.SPA Signature Massage 80min | \$190

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 25min | \$50

Your ritual begins with a head and neck massage using digital acupressure as your feet soak in salts and essential oils, followed by foot reflexology and a relaxing 50- or 80-minute massage

MUSCLE & MOTION RELIEF

Pre-Workout Protocol 25min | \$60

A quick, energizing massage designed to activate the muscles, prevent injuries by preparing the body before physical activity

Post-Workout Protocol 25min | \$60

A restorative, recovery-focused massage designed to relax the muscles, reduce soreness, and support the body’s recovery after physical activity

Fusion Massage 80min | \$150

Designed to boost performance and prepare the body for activity, this massage combines pressure, friction, stretching, and percussion for powerful preventive and recovery benefits

FOOT WELLBEING

Leg Freshness Duo 50min | \$100

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 25min | \$60 - 50min | \$100

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 25min | \$60

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

SCRUBS & WRAPS

Savoury Sweet Marine Scrub - Algotherm 25min | \$50

These revitalizing cares are performed with a mix of salt crystals and sugars combined to a sooth-ing marine oil and to the adapted complex. Those are the ideal cares for a slimming, wellbeing or demineralization program.

Sels Extremes Scrub - Phytobiodermie 25min | \$50

This natural essential oil-infused exfoliant made of micro salts harvested from the mountains gently eliminates dead skin to reveal a more energized epidermis. Can be used in the bath or shower.

Scrub & Wrap- Algotherm 50min | \$90

A personalized marine-powered ritual with a scrub and body wrap chosen for your skin's needs— detoxifying, smoothing, and nourishing for hydration, firmness, or radiance, with visible results and deep relaxation.

Papaya Scrub - Cinq Mondes 25min | \$50

Using a mix from the ancient Kingdom of Siam that contains natural papaya extract, this scrub treatment will refine and illuminate your skin.

Papaya Scrub & Wrap - Cinq Mondes 50min | \$90

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 - Cinq Mondes 25min | \$50

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.

Aromatic Spices Scrub & Wrap - Cinq Mondes 50min | \$90

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.

Hammam Ritual - Cinq Mondes 50min | \$100

Starts 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.

WELLNESS CURE

Visceral Massage

25min | \$60

A transformative power of manual therapy, focusing on the internal organs of the abdomen. It aims to restore optimal function by addressing restrictions and dysfunctions within the visceral tissues.

Lymphatic & Circulatory Drainage

50min | \$100

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

Bust Tonic Care

50min | \$100

A combination of a mechanical technique based on Alliance by LPG® and an Algotharm protocol dedicated to revitalize and improve the skin elasticity.

Silhouette Care - Algotharm

80min | \$150

A body-contouring protocol that combines lymphatic drainage, firming massage techniques, anti-cellulite applications, and integrates Maderotherapy and cupping techniques for enhanced slimming and reshaping results.

Brazilian Ritual - Cinq Mondes

50min | \$100 - 80min | \$150

Combining a manual “Crème de Café” (coffee cream) massage with a clay and algae wrap, this draining and firming treatment is inspired by Brazilian rituals.

Maderotherapy

50min | \$100

A therapeutic protocol that focuses on deep tissue stimulation using a specialized technique with wooden sticks designed to enhance circulation, promote lymphatic drainage, and break down localized fat deposits.

Chromo-Energetic Drainage

50min | \$100 - 80min | \$150

It combines lymphatic massage with colored light to boost circulation and energy flow. It helps detoxify and rebalance the body.

Venus Legacy*

A non-invasive treatment that targets skin tightening, cellulite reduction, and body contouring through multi-polar radiofrequency and pulsed magnetic fields.

Alliance by LPG® *

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

Cryotherapy *

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.

Pressotherapy *

A therapeutic technique, involving the application of air pressure to specific areas of the body. It aims to enhance blood circulation, reduce swelling, and decrease water retention.

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

OUR SPA DAYS

CINQ MONDES RITUALS

100min | \$170

Enjoy a body scrub and wrap before relaxing into a traditional massage, using Cinq Mondes products

Hammam Ritual - Cinq Mondes

Traditional Oriental Massage - Cinq Mondes

G SPA JOURNEY

100min | \$204

Pamper yourself with our signature treatments and beauty routines

Savory Sweet Marine Scrub - Algotherm

G SPA Signature Massage

GETAWAY DAY

300min | \$245

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

Ageless – Phytobiodermie

Hot Stones Massage

G SPA Manicure

G SPA Pedicure

RADIANCE & REPOSE RITUAL

210min | \$330

A luxurious escape that combines a glow-enhancing facial with a deeply relaxing therapeutic massage —designed to restore your inner calm and reveal your outer radiance

Body Scrub & Wrap - Algotherm

Glowing Facial - Algotherm

Relaxing Therapeutic Massage-80 min

OUR COUPLE JOURNEYS

RETREAT DAY FOR TWO

125min | \$425/couple

Surrender yourself to the skilled hands of our therapists as they perform the treatments, expertly tailored to your and your partner's preferences

Aromatic Sprices Scrub - Cinq Mondes

Relaxing Therapeutic Massage-50 min

Elemental Facial - Phytobiodermie

Complimentary Drink & Chocolate Fondue

SERENITY RENDEZ-VOUS

150min | \$438/couple

Embark on a luxurious spa journey with the Wellness Ritual followed by our G SPA Signature Massage

Wellness Ritual

G SPA Signature Massage

Complete Pedicure

Complimentary Drink & Chocolate Fondue





OUR BEAUTY ESSENTIALS

Minute Hand / Foot Treatment

30min | \$9

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

Complete Manicure

45min | \$17

Enjoy a full hand care and manicure in our beauty corner

G SPA Manicure

75min | \$24

Signature Cinq Mondes ritual: massage, scrub, cuticle care, nail shaping, and color

Complete Pedicure

45min | \$21

Relaxing pedicure for comfortable, beautiful feet

G SPA Pedicure

90min | \$30

Signature Cinq Mondes pedicure: massage, scrub, cuticle & dead skin removal, nail shaping, and color.

Medical Pedicure

60min | \$35

Dry pedicure combining podiatry and nail care to prevent or treat corns, fungus, ingrown nails, and discoloration.

Long-lasting Manicure

75min | \$30

Enjoy flawless nails that stay perfect for weeks.

Long-lasting Pedicure

Keep your feet looking fresh and polished for longer.

75min | \$35

Long-lasting Minute Hand/Foot Treatment

Quick, effective care that lasts.

30min | \$18

Polish Remover

Gentle yet thorough nail polish removal without damage.

30min | \$7

Rubber Base Manicure

Strengthen and protect nails while enhancing polish longevity.

60min | \$30

Eyebrows Hair Removal

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

30min | \$9

Eyelashes Extension

Fuller, longer lashes for an effortlessly glamorous look.

90min | \$70

Eyebrow Lamination

Smooth, lifted brows that stay in place all day.

30min | \$30

Lash Lift

Natural-looking curl and volume without extensions.

75min | \$35

Full Body Wax

Expert waxing for smooth, clear skin

60min | \$40

Classic Make-up

Personalized make-up tailored for your special occasion.

45min | \$80

Bridal Makeup*

Radiant, picture-perfect makeup for your special day.

* Price and duration vary based on a personalized evaluation

MASSAGES

MIN USD

THERAPEUTIC BACK MASSAGE	25	60
WELLNESS RITUAL	25	50
RELAXING MASSAGE	50	100
	80	150
THAI MASSAGE	50	100
	80	150
SPECIAL PREGNANCY MASSAGE	50	100
FOUR HANDS MASSAGE	50	180
HOT STONES MASSAGE	50	100
G SPA SIGNATURE MASSAGE	80	190

CINQ MONDES

TRADITIONAL ORIENTAL MASSAGE	50	100
BALINESE MASSAGE	50	100

MUSCLE & MOTION RELIEF

PRE-WORKOUT MASSAGE	25	60
POST-WORKOUT MASSAGE	25	60
FUSION MASSAGE	80	150

FOOT WELLBEING

FOOT REFLEXOLOGY	25	60
	50	100
RELAXING LEG MASSAGE	25	60
LEG FRESHNESS DUO	50	100

FACIALS

MIN USD

MANUAL PROTOCOLS

ALGOTHERM

COMFORT COCOONING CARE	25	60
FRESH VITAMIN CARE	25	60
BALANCING PURIFYING CARE	50	100
PURIFYING BACK	50	100
YOUTH CARE	50	100
ANTI-WRINKLE CARE	80	150
GLOWING FACIAL	80	150

PHYTOBIODERMIE

ELEMENTAL	50	100
TRADITIONAL	80	130
AGELESS	80	150
CHROMALIFT	80	150

CINQ MONDES

KO BI DO	80	150
FACE LIFT GYM	50	100

MECHANICAL PROTOCOLS

VENUS LEGACY*		
ALLIANCE BY LPG*		

SCRUBS & WRAPS

ALGOTHERM

SAVORY SWEET MARINE SCRUB	25	50
SCRUB & WRAP	50	90

CINQ MONDES

PAPAYA SCRUB	25	50
PAPAYA SCRUB & WRAP	50	90
AROMATIC SPICES SCRUB	25	50
AROMATIC SCRUB & WRAP	50	90
HAMMAM RITUAL	50	100

PHYTOBIODERMIE

SELS EXTREMES SCRUB	25	50
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WELLNESS CURE

MIN USD

MANUAL PROTOCOLS

VISCERAL MASSAGE	25	60
LYMPHATIC & CIRCULATORY	50	100
DRAINAGE		
MADEROTHERAPY	50	100

CINQ MONDES

BRAZILIAN RITUAL	50	100
	80	150

ALGOTHERM

BUST TONIC CARE	50	100
SILHOUETTE CARE	80	150

PHYTOBIODERMIE

CHROMO-ENERGETIC DRAINAGE	50	100
	80	150

MECHANICAL PROTOCOLS

VENUS LEGACY*		
ALLIANCE BY LPG*		
PRESSOTHERAPY*		
CRYOTHERAPY*		

*PRICE UPON CONSULTATION

SPA DAYS

CINQ MONDES RITUALS	100	170
G SPA JOURNEY	100	204
RADIANCE & REPOSE RITUAL	210	330
GETAWAY DAY	300	245

COUPLE JOURNEYS

SERENITY RENDEZ-VOUS	150	438
RETREAT DAY FOR TWO	125	425

BEAUTY ESSENTIALS

MIN USD

MINUTE HAND TREATMENT	30	9
COMPLETE MANICURE	45	17
G SPA MANICURE	60	24
MANICURE SOFT GEL	120	50
FAKE NAILS FULL SET	45	30
MINUTE FOOT TREATMENT	30	9
COMPLETE PEDICURE	45	21
G SPA PEDICURE	75	30
MEDICAL PEDICURE	60	35
LONG-LASTING MANICURE	75	30
LONG-LASTING PEDICURE	75	35
LONG-LASTING MINUTE HAND TREATMENT	30	18
LONG-LASTING MINUTE FOOT TREATMENT	30	18
POLISH REMOVER	30	7
RUBBER BASE MANICURE	60	30
EYEBROW HAIR REMOVAL	30	9
EYELASHES EXTENSION	90	70
EYELASHES TINT	30	24
EYEBROW LAMINATION	30	30
LASH LIFT	45	36
EYEBROW TINT	15	15
FULL BODY WAX	60	40
CLASSIC MAKE UP	50	80
BRIDAL MAKEUP*		

* Price and duration vary based on a personalized evaluation



REFORMER STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00		Beginner Aline 8:00 - 8:50	Intermediate Tania 8:00 - 8:50	Beginner Celine N 8:00 - 8:50		
9:00	Beginner Sara T 9:00 - 9:50					
10:00		Advanced Celine N 10:00 - 10:50		Advanced Celine N 10:00 - 10:50		EXO Chair Ghida 10:00 - 10:50
11:00						
12:00						
17:00		Intermediate Ghida 17:00 - 17:50		Beginner Sara T 17:00 - 17:50	Intermediate Ghida 17:00 - 17:50	Beginner Dania 17:00 - 17:50
18:00	Beginner Aline 18:00 - 18:50	Intermediate Ghida 18:00 - 18:50	Beginner Dina 18:00 - 18:50	Intermediate Sara T 18:00 - 18:50	Tower Ghida 18:00 - 18:50	
19:00	Intermediate Dania 19:00 - 19:50	Advanced Ghida 19:00 - 19:50	Intermediate Dina 19:00 - 19:50			

LAGREE 2.0

CERTIFIED FACILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	Beginner Sarah BH 8:00 - 8:50		Beginner Sara T 8:00 - 8:50			
9:00					Intermediate Celine S 9:00 - 9:50	
10:00				Intermediate Karim 10:00 - 10:50		
11:00		Intermediate Celine S 11:00 - 11:50	Intermediate Jessy 11:00 - 11:50	Intermediate Serena 11:00 - 11:50		Beginner Serena 11:00 - 11:50
12:00						
17:00			Intermediate Karim 17:00 - 17:50		Beginner Sara T 17:00 - 17:50	
18:00	Intermediate Jessy 18:00 - 18:50	Beginner Serena 18:00 - 18:50	Intermediate Jessy 18:00 - 18:50	Beginner Serena 18:00 - 18:50	Intermediate Sara T 18:00 - 18:50	Advanced Sara BH 18:00 - 18:50
19:00	Intermediate Maria 19:00 - 19:50	Intermediate Serena 19:00 - 19:50	Beginner Maria 19:00 - 19:50	Intermediate Serena 19:00 - 19:50		

Movement & Mind Studio						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	Butt Lift Nadine 8:00 - 8:50	Total Body Daniel 8:00 - 8:50	Butt Lift Nadine 8:00 - 8:50	 Steel Training® Daniel 8:00 - 8:50		
9:00						 Steel Training® Elie 9:00 - 9:45
10:00		 ESSENTRICS CERTIFIED INSTRUCTOR Sandra 10:00 - 10:50				No Jumps Cardio Elie 9:45 - 10:30
12:00						
17:00		Kids Aerial Yoga Jinane 17:00 - 17:50	Mat Pilates Sara T 17:00 - 17:50			
18:00	 Steel Mix® Elie 18:00 - 18:45	Butt Lift Nadine 18:00 - 18:50	Total Body Sara T 18:00 - 18:50	Abs & Glutes Daniel 18:00 - 18:50	 Steel Combat® Elie 18:00 - 18:45	
19:00	Stretching Fouad 19:00 - 19:50	 Steel Training® Daniel 19:00 - 19:50	 ESSENTRICS CERTIFIED INSTRUCTOR Sandra 19:00 - 19:50	Beyond the Barre Noura 18:50 - 19:40		TRX® Daniel 19:15 - 20:00
20:00				Spinning Zalfa 19:45 - 20:30		
	 Youth wellness	 Power & Strength	 Mind & Body	 Cardio & Conditioning	 Sculpt & tone	

Aqua Schedule				
	Monday	Tuesday	Wednesday	Thursday
10:00				
10:30		Aqua Gym Nadine 10:30 - 11:20		Aqua Gym Nadine 10:30 - 11:20
11:30				
12:00				
18:00	Aqua Gym Charbel 18:00 - 18:50		Aqua Gym Charbel 18:00 - 18:50	
19:00				



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