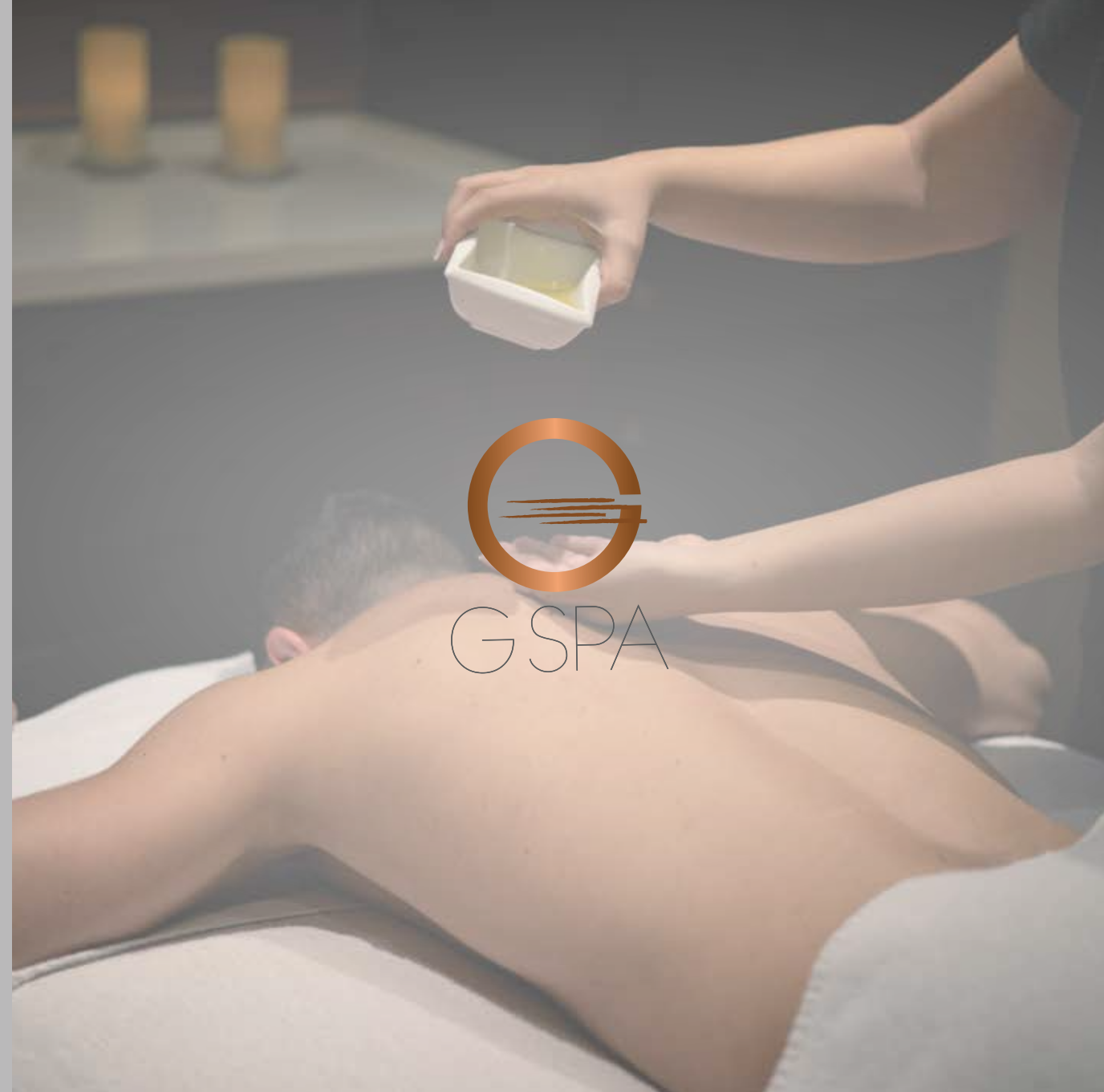


1st SPA AWARDED
Spa QUALITY
IN THE MIDDLE EAST LABEL

Independence Avenue, Ashrafieh - Beirut | T 961 1 210 220 | info@gspa.me | www.gspa.me





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 in 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.



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.



OUR FACIAL TREATMENTS

Fresh Vitamin Care - Algotherm
Healthy Glow Effect

25min | \$60

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
Intense Nutrition

25min | \$60

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
When algae lift the skin

50min | \$100

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
When algae rebalance the skin 50min | \$100

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.

Elemental - Phytobioderme 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.

Anti-Wrinkle Care - Algotherm
An outstanding treatment for total anti-ageing action 80min | \$150

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.

Traditional - Phytobioderme 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 - Phytobioderme 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 - Phytobioderme 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





OUR 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

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

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.

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.

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.

OUR BODY TREATMENTS

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.

OUR SILHOUETTE TREATMENTS

Morphotherapy Consultation 60min

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 wellbeing.

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

Electro-Therapy 25min | \$25 - 50min | \$45

A high-tech solution to tone muscles and accelerate recovery using controlled electric impulses — ideal for body sculpting and rehabilitation.

OUR BEAUTY ESSENTIALS

Minute Hand / Foot Treatment 30min | \$8

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

Complete Manicure 45min | \$15

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

G SPA Manicure 75min | \$24

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.

Complete Pedicure 45min | \$18

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

G SPA Pedicure 75min | \$30

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

Medical Pedicure 60min | \$30

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.

Eyebrows Hair Removal 30min | \$8

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

Complete Waxing 60min | \$36

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

Classic Make-up* 60min

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

* Price is based upon consultation

OUR SPA DAYS

CINQ MONDES RITUALS

100min | \$170

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

Body Scrub & Wrap - Cinq Mondes

Traditional 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

205min | \$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 | \$212/person

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 | \$219/person

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

an escape

with a touch . . .