





*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

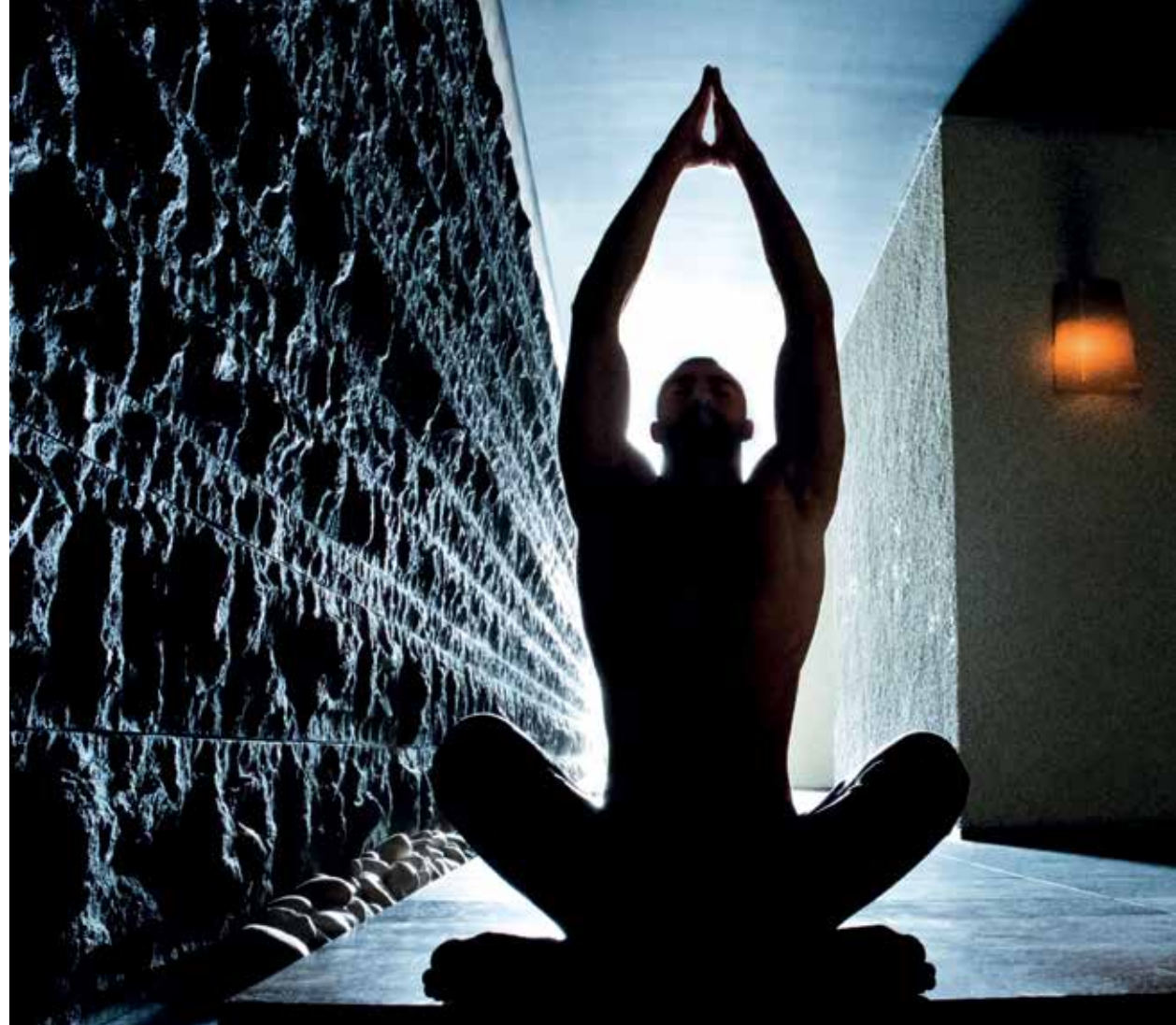
The G SPA brand tells stories of love and healing. The 'G' is an emphasis on the family & home dimension. G SPA was founded on 2008 with a global view to now reach a family that has exceeded a hundred of professionals in different areas and thousands of mind-alike clients who regularly visit G SPA and 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.*

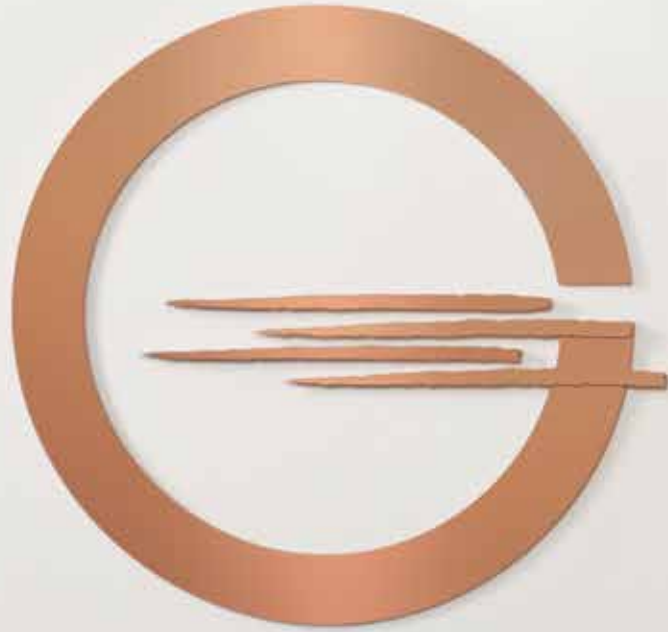
Guided by our French expertise, our saloon is the perfect place to complete your road to enhancement. Here you will touch up on your overall beauty and style.

*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 Wellness Guide

### OUR FACIAL TREATMENTS

Fresh Vitamin Care - Algotherm

25min | \$50

#### ***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 | \$50

#### ***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 | \$90

#### ***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.

Initial Firming Care - Algotherm

50min | \$90

#### ***When algae anticipate the skin's aging process***

Dedicated to prevent the first signs of skin aging, this care restores radiance and smooths the complexion. The first wrinkles and the first signs of skin slackening are instantly reduced. The skin is replenished, softer and more radiant.

Balancing Purifying Care - Algotherm

50min | \$90

#### ***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.

Anti-Redness Care - Algotherm **50min | \$90**

***When algae calms the skin***

Designed for sensitive, reactive, damaged and tugging skin. This comfortable care provides more than just relaxation, it offers serenity and soothing. The caressing massage calms tension. The skin is energized once more. Redness disappears, and soothed, nourished and comfortable skin takes its place.

Elemental - Phytobiodermie **50min | \$90**

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 **80min | \$120**

***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.

Anti-Dark Spots Care - Algotherm **80min | \$120**

***Sheer skin with no dark spots***

it is time for the magic of the detoxifying peel-off mask to happen. The skin breathes anew, dark spots and wrinkles are visibly diminished and complexion is luminous.

Glowing Algotherm Facial **80min | \$120**

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 MÔNDES** **80min | \$130**

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

Traditional - Phytobiodermie **80min | \$110**

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 | \$120**

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 | \$120**

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

Peel Skin Ceuticals **50min | \$95**

Helps restore radiance, tone, and texture to visibly aging skin leaving skin looking brighter, energized, and refreshed.

Sygmalift\*

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.

Skin Perfusion Rejuvenating Peel **80min | \$105**

Global rejuvenation based on combined technology & manual massage including peeling with an exclusive unique complex of 53 ingredients "NCTF®, new cellular factor treatment".

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 MESSAGES

**Relaxing Massage** **50min | \$90 - 80min | \$120**  
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 | \$50**  
Eliminate all tension and relax under this slow and deep massage of your back and scalp.

**Four Hands massage** **50min | \$160**  
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 | \$90**  
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 MÔNDES** **50min | \$90**  
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 MÔNDES** **50min | \$90**  
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 | \$50**  
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.

**Fusion Massage** **80min | \$120**  
This treatment is dedicated to people 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.

**Hot Stones Massage** **80min | \$120**  
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 | \$160**  
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**  
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.

**FOOT WELLBEING**  
**Leg Freshness Duo** **50min | \$90**  
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 | \$50 - 50min | \$90**  
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 | \$50**  
Refresh your tired feet with this relaxing massage using products rich in bamboo, camphor and menthol.

## OUR BODY TREATMENTS

### SCRUBS & WRAPS

Soft Marine Scrub - Algotherm

This care is performed with an exfoliating smooth cream. Rich in algae and vegetated exfoliating particles, it's the ideal care to get a new skin.

**25min | \$50**

Savoury Sweet Marine Scrub - Algotherm

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

**25min | \$50**

Mud Marine Wrap - Algotherm

This care is the perfect solution for physical fatigue, lack of tone, muscle tension or simply looking for a well-being boost. The marine mud from Mont Saint Michel helps to relax and purify the skin.

**25min | \$50**

Sels Extremes Scrub - Phytobiodermie

This natural essential oil-infused exfoliant made of micro salts harvested from the mountains gently eliminates dead skin to reveal a more energized epidermis.

**25min | \$50**

Can be used in the bath or shower.

Zen Scrub & Wrap- Phytobiodermie

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.

**50min | \$80**

Papaya Scrub - **CINQ MÔNDES**

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

**25min | \$50**

Papaya Scrub & Wrap- **CINQ MÔNDES**

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.

**50min | \$80**

Aromatic Spices Scrub - **CINQ MÔNDES**

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.

**25min | \$50**

Aromatic Spices Scrub & Wrap- **CINQ MÔNDES**

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.

**50min | \$80**

Hamam Ritual - **CINQ MÔNDES**

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.

**50min | \$90**



## 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 | \$90

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

### Bust Tonic Care

50min | \$90

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

### Remineralizing Marine Care - Algotharm

80min | \$120

Algotharm offers mineral-replenishing cares to provide the body with all the nutritious elements to work properly. With a fondant and delicately scented gel wrap, the body is revitalised and minerals are replenished. The fragrances and softness of the products make this care a relaxing experience and a real break from the daily routine. Depending on preferences, the therapist will use strong or light pressure for the massage, and will combine the wrap with a suitable complex to boost relaxation or vitality.

### Silhouette Marine Care - Algotharm

80min | \$120

With a refreshing gel wrap, toning or firming wrap in powder form, the body is contoured and sculpted. This care includes a manual draining and anti-cellulite massage, combined with the effective-

ness of a unique accessory: the silhouette shaper.

### Brazilian Ritual - CINQ MONDES

50min | \$90 - 80min | \$120

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.

### Udvertana - CINQ MONDES

50min | \$90 - 80min | \$120

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.

### Alliance by LPG® \*

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

### Vela Shape II \*

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

### 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

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

Body Scrub & Wrap - **CINQ MÔNDES**

Traditional Massage - **CINQ MÔNDES**

### G SPA JOURNEY

Pamper yourself with our signature treatments and beauty routines including our Wellness Ritual and G SPA Signature massage.

Soft Marine Scrub - Algotherm

G SPA Signature Massage

### VITALITY DAY

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

Savoury Sweet Marine Scrub - Algotherm

Remineralizing Marine Care - Algotherm

Youth Care - Algotherm

### GETAWAY DAY

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

Brushing

**100min | \$162**

**100min | \$189**

**150min | \$234**

**300min | \$263**

## OUR COUPLE JOURNEYS

### RETREAT DAY FOR TWO

Surrender yourself to the skilled hands of our therapists as they perform the treatments, expertly

tailored to your and your partner's preferences.

Zen Scrub & Wrap - Phytobiodermie

Relaxing Massage

Facial - Algotherm

*Prosecco & Chocolate Fondue*

**150min | \$442**

### SERENITY RENDEZ-VOUS

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

Wellness Ritual

G SPA Signature Massage

Pedicure

*Prosecco & Chocolate Fondue*

**150min | \$382**

### DUO PAMPERING

This spa journey promises to be a sensory delight, leaving you and your partner refreshed, renewed, and deeply relaxed.

Remineralizing Marine Care or Facial - Algotherm

Zen Scrub

Brushing for her - Beard for him

*Prosecco & Chocolate Fondue*

**135min | \$302**

*an escape with a touch...*



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