

## A ONE-OF-A-KIND EXPERIENCE



G Spa represents the vision of its founder Gretta Monahan. Gretta is best known for her ground-breaking and award-winning salons and fashion concepts. Her beauty and fashion vision have been well- documented on television and in magazines such as Vogue and Harper's Bazaar.

When Gretta was invited to be a part of the new MGM Grand at Foxwoods, she knew she had a unique opportunity to create a spa that offered an unparalleled level of luxury and service. Once you enter the unique world of G Spa, you'll agree that she's most definitely done so.

G Spa was designed to reflect Gretta's vision and the sensibilities of you – our clients, while respecting the Native American heritage of our hosts – the Mashantucket Pequot Tribal Nation, all in a stunning environment created by MGM Grand.

We invite you to visit G Spa and suggest that you select one or more of our treatments that we will personalize for you. After all, you're an individual inside and out, from your hair and skin to your personality and attitude. Your treatment should be as unique as you are.

## G SPA FOR HAIR EXTRAORDINAIRE

YOUR HAIR IS A VERY IMPORTANT PART OF YOUR APPEARANCE. WHICH IS WHY THE PROFESSIONALS AT G SPA TAKE THE PURSUIT OF HAIR PERFECTION VERY SERIOUSLY.

## G HAUTE HAIR SERVICES

- G Tress Cut & Style • from \$75
- G Man Cut • from \$40
- G Bang Trim • from \$20
- G Beard Tamer • from \$25
- G Pumping Iron, styling iron to dry hair • from \$25
- G Haute Hair Blow Out • from \$45

*prices may vary based on length and texture of hair*

## G HAIR COLOR SERVICES

**Let our team of highly-trained professionals choose the product and technique best for your hair.**

- G Single Process Color - touch up of your new growth • from \$85
- G Glaze/G Glossing - balance color and enhance shine • from \$65
- G Partial Foils • from \$100
- G Full Foils • from \$170
- G Corrective Color • priced upon consultation
- G Mens Reshade • \$35
  - in just 5 minutes you'll get grey blending with natural-looking results

## G HAUTE SPECIAL SERVICES

- G Goldwell Inner Effects Treatment** – Deep regeneration and long-lasting with more volume and smoothness. Ideal for colored-treated hair. • \$45
- G Keratin Smoothing Blowout** – Upgrade your blowout with this smoothing treatment. Reduce frizz and add manageability for 4 weeks. • from \$65
- G Keratin Smoothing Treatment** – This long lasting treatment eliminates frizz up to 100% and reduces curl up to 50%. Lasts 12-16 weeks. For partials, extreme length or thickness. • \$500
  - add \$175/hr
- G Red Carpet Makeup Consultation or Application** • \$75
- G Red Carpet Updo/Styling** • price based upon consultation
  - \$30
- Add Eyelash Application** – Lashes included.

*prices may vary based on length and texture of hair*

## G SPA BEAUTIFUL NAILS

### TREAT YOUR HANDS AND FEET

G SPA'S HIGHLY-TRAINED NAIL TECHNICIANS WILL PROVIDE YOU WITH THE FINEST IN NAIL SERVICES. ALL OF OUR CUSTOM MANICURES AND PEDICURES INCLUDE CUTICLE TREATMENTS, NAIL SHAPING, CONDITIONING, AND POLISH.

**G Quench Manicure** – Your hands will be treated to a warm towel wrap, meticulous clipping and shaping, careful cuticle removal and hand rub, all finished off with the polish of your choice.

30 Minutes • \$40

**G Quench Pedicure** – Give your tough, tired feet a break as you experience the exquisite scent of our skin-softening, citrus-infused foot-bath. Skin is smoothed and polished to perfection, along with a hydrating massage for feet that feel fantastic.

45 Minutes • \$70

**G Milk and Honey Manicure** – Allow your extremities to consume the vital, soothing nutrients found in our intensely hydrating Milk and Honey Hand treatment. Your hands will be polished to perfection with a dead sea scrub infused with essential oils. This is followed by a moisture intensive dermal wrap and is finished with meticulous cuticle care and polish.

• \$70

**G Milk and Honey Pedicure** – Your feet will look and feel great with this unique hydrating treatment.

• \$100

**G Polish Change** – When you have a change of heart, we suggest a change of polish color.

• \$20

**Gel and Acrylic Enhancements** – Available upon request.

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**ADD ON TO YOUR NAIL SERVICE:**

**CND Shellac™ Polish** – This treatment finishes with the application of a durable and longer-lasting UV cured, soak-off gel polish. Add to any manicure/pedicure.

- Shellac removal.

**G French Dip Polish** – Give your nails a little extra ooh la la... take a dip and see what we mean.

**Hot Rocks Leg and Foot Massage**– A comforting treatment that rejuvenates your legs and feet with the use of warm basalt stones to massage away aches and improve circulation. Add to any pedicure.

**G Machine** – The “Machine” is a pedicure miracle that quickly and instantly removes months of callous buildup. It’s the ideal upgrade for feet that can use a hand.

**G Hot Paraffin Wrap** – The therapeutic and aesthetic values of paraffin can be traced to ancient civilizations. Its unsurpassed ability to help rejuvenate, hydrate and nourish, as well as increase circulation of the skin, make this worth selecting. Can be added on to facial and massage services.

*Please see our Native American Inspired Services section for additional manicures and pedicures.*

• \$20

• \$15


• \$10

• \$15

• \$25

• \$25

## G SPA FOR A FABULOUS FACE



TAKING CARE OF YOUR SKIN IS NOT A LUXURY. YOUR FACE REFLECTS YOUR CHARACTER. HOW YOU TAKE CARE OF YOUR SKIN IS A REFLECTION ON YOU. OUR SKIN PROFESSIONALS WILL COMBINE THE FINEST SKIN CARE PRODUCTS TO CREATE THE ULTIMATE TREATMENT WHICH WILL BOTH PAMPER AND REJUVENATE YOUR FACE.

## G SKIN TREATS

### G Spa Signature Facial

The perfect introductory facial for all skin types. This facial includes a consultation, skin analysis and a customized blend of botanical enzymes and anti aging peptides. *Ideal for those receiving facials for the first time.*

50 Minutes • \$130

### G Tox Facial

A detoxifying treatment using powerful Oxygen therapy and enzymes to brighten and clarify. This facial includes a gentle peel customized for your skin type, enzyme treatment, steam and extractions. *Excellent for clogged and acne-prone skin.*

50 Minutes • \$160

### G Glow Anti Aging Facial

The combination of a triple exfoliation, a brightening peel and a skin sedating collagen mask will revive damaged skin, reduce redness and plump fine lines and wrinkles. This facial will leave you glowing from inside - out.

*Suggested for mature, sun damaged, dehydrated and dull complexions.*

50 Minutes • \$160

### G Green Tea and Cucumber Facial

Green Tea and Cucumber provide the antioxidants to repair the skin from the free radical damage of the environment. This soothing treatment invigorates and uplifts your skin and your spirits! *Recommended for all skin types, excellent for dry sensitive skin*

50 Minutes • \$175

### Power G Vitamin Facial

Our super-charged recipe to revitalize your skin to make you look younger and more radiant. This facial is fully loaded with enzymes, a peel, Vitamin C, and Collagen. It also includes your choice of a foot or hand paraffin treatment. *Great for nutrient deprived, sun-damaged, dry, mature skin.*

80 Minutes • \$195

### G Tox Back and Shoulders Beautifying Treatment

50 Minutes • \$150

#### ADD ON TO ANY FACIAL:

- Neck Lift Collagen Treatment • \$35
- G Lip Plumping Treatment • \$35
- G Glamour Eyes Collagen Treatment • \$35
- Alpha Hydroxy Peel • \$20
- Collagen-infused paraffin masque • \$20

*We do not recommend facials for clients who are using Accutane on their skin.*

## WAXING SERVICES

G Brow Design & Shaping

• \$30

G Luscious Lip Wax

• \$25

G Chin Wax

• \$25

G Underarm Wax

• \$35

G California Bikini Wax

• from \$50

G Brazilian Bikini Wax

• from \$75

G Lovely Leg Full Wax

• \$100

G Lovely Leg Half Wax

• \$75

G Bare Arms Full Wax

• \$75

G Bare Arms Half Wax

• \$50

G Bare Back Wax

• from \$100

## G SPA FOR MASTERFUL MESSAGES

GIVE IN TO THE TEMPTATION OF A SOOTHING MESSAGE AT THE ABLE HANDS OF THE MASTER MESSAGE THERAPISTS AT G SPA. HIGHLY-TRAINED IN THE FINE ART OF MESSAGE, THEY STAND READY TO HAND OUT AN ARRAY OF THERAPEUTIC AND REJUVENATING TREATMENTS, ALL WITH RESULTS YOU NEVER FELT POSSIBLE.

## G SPA MASSAGE THERAPY SERVICES

### G Spa Original Splurge

Whether you're looking to knead away muscle aches or to simply relax and melt away stress, our full body massages are tailored to your wants and needs by highly-trained therapists, choosing from a variety of techniques to ensure you obtain the ideal treatment.

*50 Minutes* • \$130

*80 Minutes* • \$190

### G Spa Deep Tissue Massage

When tensions run deep, you really should consider this session. After all, it's designed to get right to the root of the matter.

*50 Minutes* • \$150

*80 Minutes* • \$230

### Momma Massage

Designed just for moms-to-be, our prenatal massage soothes both body and mind. Your baby is sure to gaga over it, too.

*50 Minutes* • \$140

### G Hot Rocks Therapy

First used by Native Americans centuries ago, our hot rocks will leave you energized and rejuvenated. The massage will ease your tense muscles and improve your energy flow.

*50 Minutes* • \$165

*80 Minutes* • \$245

### Gojoba Soothing Massage Ritual

Go reward yourself with this soothing full-body massage ritual. A thoroughly enjoyable and relaxing experience centered around the unique and effective recuperative properties of Jojoba, enriched with carrot seed and avocado, or as we like to call it at G Spa - Gojoba.

*50 Minutes* • \$145

*80 Minutes* • \$225

### G Spa Flexology

Reflexology techniques of acupressure and massage are applied to promote a feeling of relaxation and improved circulation.

*25 Min (feet only)* • \$65

*50 Min (hands & feet)* • \$130

### G Chair Massage

Take a seat, and allow our massage therapists to whisk away your tension.

*15 Minutes* • \$35

### Double Your Pleasure

#### *Couples Massage*

Share the pleasure of slipping into a blissful, relaxed state with a friend, a lover, or any combination thereof.

*50 Minutes* • \$280

*80 Minutes* • \$380

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### Hot Paraffin Treatment

To soothe and moisturize tired/chapped hands and feet. Can be added to any massage or facial.

• \$25

### Specialty Services based on Availability

- Sports Massage
- Thai Foot
- Thai Floor
- Thai Table

## G SPA FOR GUILTY PLEASURES

THE BEST PLEASURES ARE GUILTY PLEASURES. TAKE CARE OF YOURSELF IN THE MOST LUXURIOUS WAY WITH OUR SELECTION OF DELIGHTFUL BODY TREATMENTS.

## G SPA GUILTY PLEASURE BODY TREATS

**G Spa Salt Glow** – Salt, when in the hands of an expert, possesses some remarkable skin-enhancing properties. Perhaps the most important of which is that it provides you with the polish and glow you so richly deserve. *30 Minutes • \$100*

**G Spa Sweet Rub & Scrub** – A luxurious milk and honey sugar scrub. Recommended for sensitive skin. *30 Minutes • \$100*

**G Tea, Mint and Algae Scrub and Wrap** – This powerful antioxidant scrub combines green and mint extracts, formulated to give your skin the maximum revitalization, polish and hydration. We combine it to work with a detoxifying Algae Wrap. The perfect combination. *50 Minutes • \$145*

**G Tox Wrap** – This wrap purifies and clarifies the skin with grape seed and olive leaf extracts, known as antioxidants. Your wrap begins with a thorough cleansing, then is masqued and wrapped in a deliciously scented wine therapy crème, resulting in rejuvenated and replenished skin. *50 Minutes • \$165*

**G Back Beautifying Treatment** – This brightening treatment is designed to make you proud to show off your back and shoulders. You'll enjoy the gentle cleansing and exfoliation of our lactic acid peel followed by extractions and a clarifying treatment masque and light hydration. *50 Minutes • \$100*

*Can be upgraded to include paraffin moisturizing treatment for an additional \$25.*

## G SPA NATIVE AMERICAN - INSPIRED SERVICES

NATIVE AMERICAN CULTURE IS STEEPED IN TRADITION WITH RITUALS DESIGNED TO HEAL BOTH BODY AND SPIRIT. THE SAME AS THEY DO AT G SPA. OUR RESPECT FOR OUR NATIVE AMERICAN HOSTS AT FOXWOODS IS DEMONSTRATED IN THE UNIQUE NATIVE AMERICAN INSPIRED SERVICES WE OFFER YOU.

MANY OF OUR RELAXING AND REPLENISHING RITUALS MAKE USE OF THE CALMING AND CLEANSING PROPERTIES OF ONE OF THE ESSENTIAL ELEMENTS OF LIFE – WATER, WHILE OTHERS UTILIZE COMPONENTS CRUCIAL TO NATIVE AMERICAN CULTURE, INCLUDING CLAY, MAIZE AND VARIOUS HERBALS.

### **G Spa Raindrop Moisturizing Wrap**

Embrace the benefits of the sea and its vital elements to hydrate, calm, and soothe your skin. We'll customize your treatment based on your needs with ingredients such as sea salt, chamomile extract, and minerals from the sea.

*50 Minutes* • \$150

### **G Spa Raindrop Massage**

For deep well-being, it all begins with an array of 9 essential oils dripped along the spine. Each oil possesses healing properties. Drawing on these properties, these unique oils, in the skilled hands of our master therapists, will work wonders on your body. You'll leave the session feeling relaxed, rejuvenated, and detoxified.

*50 Minutes* • \$165

*80 Minutes* • \$245

**G Spa Red Clay Manicure** – For this special manicure we use a Clay Masque, which is fortified with a rich blend of hydrating and protective Vitamins A and E, Pro Vitamin B5, and grapeseed extract. Together, these effective ingredients aid in helping to moisturize, condition and protect the skin against the visible signs of environmental stress.

• \$65

**G Spa Red Clay Pedicure** – This special service is similar to our G Spa Red Clay Manicure, only it's designed for your feet with the added benefit of a luxurious calf and foot massage.

• \$95

**G Spa Maize and Mountain Laurel Body Scrub** – This beautiful Native American inspired treatment combines an exfoliation using ground maize and the essence of the mountain laurel flower indigenous to Southeastern New England.

*50 Minutes* • \$135

**G Spa Milk & Honey Wrap** – The combination of milk and honey moisturizes and nourishes the skin. This is a wonderfully luxurious body treatment that rehydrates dry skin and leaves your body feeling silky smooth.

*50 Minutes* • \$135

### **G SPA HOURS OF OPERATION**

Pool, Health & Fitness Areas - Daily 6:30 am - 9:00 pm

Salon and Spa Services - Sunday Thru Thursday 8am - 8pm, Friday and Saturday 8am - 9pm

#### FOR YOUR INFORMATION

We offer a relaxed atmosphere, so please feel free to wear your most comfortable clothing. Please do not wear jewelry to G Spa. Before and after Spa Services use of our fully-equipped locker rooms, custom G Spa robes, towels, and slippers is always our pleasure.

We suggest that you arrive early for any G Spa Skin Treat, Massage Therapy, Guilty Pleasure Body Treat, or Native American-Inspired Service to enjoy the benefits of G Spa's wondrous elemental relaxation facilities – pool, hot tub, steam and sauna.

We gladly accept the following methods of payment: MGM Grand at Foxwoods, Grand Pequot Tower, Great Cedar Hotel, or Two Trees Inn room charges, MGM Grand at Foxwoods/ Foxwoods Gift Cards, Major Credit Card, Dream Points and Cash. G Spa/Foxwoods Gift cards are available for purchase.

G Spa is an adults only facility. We request that your children do not accompany you to G Spa. To ensure a healthy environment for our clients, smoking is not permitted at G Spa. Prices are subject to change without notice. 24 hour cancellation policy. Gratuities are at your discretion.

**A picture ID is required for entry into G Spa.**

#### PACKAGES AT GSPA

**G RELAX** - \$149.00 (\$210.00 value)

- 25 Min Escape Massage
- Mini Revitalizing Facial
- Choice of Quench Manicure OR Hair Wash & Style
- G Spa Day Pass - Indoor pool, Fitness Center, Sauna, Steam, Waterfall Jacuzzi, Robes, Slippers, Amenities

**G REVIVE** - \$199.00 (\$300.00 Value)

- Choice of 50 Min Original Splurge Massage OR 50 Min Spa Signature Facial
- Quench Manicure
- Quench Pedicure
- Paraffin Treatment
- G Spa Day Pass

**G RECHARGE** - \$299.00 (\$400.00 Value)

- 50 Min Original Splurge Massage
- 50 Min G Spa Signature Facial
- G Spa Salt Glow
- Choice of Quench Manicure OR Hair Wash & Style
- G Spa Day Pass

**G SPA JUST FOR HIM** - \$239.00 (\$315.00 Value)

- 50 Min Deep Tissue Massage
- Express Power Facial
- Red Clay Pedicure
- G Spa Day Pass

Packages available Monday-Friday only based on availability. No additional discounts apply. Please call or visit our website for additional services and specials.



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