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 $35

G Hair Color Services

G Single Process Color	• from $85
G Glaze	• from $65
G Glossing	• from $55
G Partial Foils	• from $100
G Full Foils	• from $170
G Corrective Color	• priced upon consultation

G Haute Hair Special Services

G Spa's expert stylists will develop a custom treatment for you. Your stylist will prescribe the exact products for your hair.

G Custom Deep Conditioning Ritual	• $45
G Luxury Conditioning Ritual	• $90
G Brazilian Keratin Hair Straightening	• priced per consultation, $175/hour
G Hair Extensions	• priced upon consultation

G Event Services for An Affair to Remember

G Red Carpet Hair or Makeup Consultation	• $25
G Red Carpet Hair Updo/Styling	• priced upon consultation
G Red Carpet Makeup Application	• $75
G Eyelash Tinting	• $30

G Spa MANICURES and PEDICURES

LET US HELP YOU NAIL IT

G Spa's highly-trained nail techs will provide you with the finest in manicures and pedicures. 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 White Tea Blossom Manicure – White tea has long been praised for its anti-bacterial and anti-viral properties. Using white tea essence, G Spa's experts have created a manicure that will leave your hands perfectly cleansed and polished. • $60

G White Tea Blossom Pedicure – Enjoy the full energizing benefit of this remarkable blossom while also enjoying a revitalizing calf and foot massage. • $90

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 French Dip Polish – Give your nails a little extra ooh la la…take a dip and see what we mean. • $10

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 a service worth selecting. Can be added on to facial and massage services. • $25

G Polish Change – When you have a change of heart, we suggest a change of polish color. • $20

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. • $25

Gel and Acrylic Enhancements – Available upon request.

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

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 Basic Facial
The perfect introductory facial for all skin types. This facial includes a skin consultation ,skin analysis, cleansing and exfoliation. This facial is followed by a thorough customized home care regimen. Ideal for those receiving facials for the first time.
40 Minutes • $99

G Spa Signature Facial
A one of a kind treatment for your one of a kind complexion. It features a potent blend of botanical enzymes and anti-aging peptides to leave your skin fully hydrated. *Recommended for all skin types.*
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 • $145

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 TEA and Cucumber Soothing Facial
In this facial, the "G" is both for Gretta and gentle. Providing protection and repair from free radical damage, our soothing facial refreshes and uplifts the skin. Green tea and cucumber extracts leave the skin invigorated and smoothed.
Great for all skin types, especially 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

Neck Lift Collagen Treatment
Advanced treatment to tighten, firm and lift skin. May be added to any facial.
• $35

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

The Finishing Touches

G Lip Plumping Treatment – Plump up the volume! Your lips will be exfoliated with our citrus sugar scrub and hydrated with marine collagen for the perfect pout.

- as stand alone $50
- as add on $35

G Glamour Eyes Collagen Treatment – Our combination of collagen and aloe-based moisturizers help to smooth fine lines, hydrate the delicate eye skin and minimize dark circles.

- as stand alone $50
- as add on $35

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 MASSAGES

Give in to the temptation of a soothing massage at the able hands of the master massage therapists at G Spa. Highly-trained in the fine art of massage, 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

G Hot Rocks Therapy
First used by Native Americans centuries ago, our hot rocks will leave you energized and rejuvenated. To get you to that special state of body and mind we heat smooth Basalt stones that are placed along crucial points on your body. 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

Thai Table Massage
This traditional form of massage is comprised of compressions, pressure on specific points and stretches to release blockages and restore free flow of energy within your body. This massage will leave you "in balance" and with a feeling of well-being – every time. Wear only loose fitting clothing.

50 Minutes • $165
80 Minutes • $245

Thai Foot Massage
This traditional treatment is designed to trigger reflexes and stimulate the flow of energy throughout the body.

25 Minutes • $65
50 Minutes • $130

Thai Floor Massage
Similar to the Thai table, Thai floor is performed on a mat. This treatment combines techniques of deep muscle compressions, reflexology, accupressure, therapeutic stretching and assisted yoga postures. The soothing, rhythmic flow of this treatment is deeply relaxing and restorative.

50 Minutes • $165
80 Minutes • $245

G Spa Flexology
Reflexology techniques of accupressure and massage are applied to hands and feet to promote a feeling of relaxation and improved circulation. *25 Minutes* • $65

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. Includes hand paraffin treatment. *50 Minutes* • $280 *80 Minutes* • $380

Hot Paraffin Treatment
To soothe and moisturize tired/chapped hands and feet. Can be added to any massage or facial. • $25

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 – This semi-scandalous session uses reflex technique and citrus exfoliation for an invigoratingly good time. *30 Minutes* • $100

G Tea Mint Body Scrub – This powerful antioxidant scrub combines green and mint extracts, formulated to give your skin the maximum revitalization, polish and hydration. *50 Minutes* • $135

G Spa Garden Mint Algae Wrap – This treatment combines the G Tea Mint Body Scrub 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 Manicure
This special service begins by adding several drops of our tranquility essential oil blend to the hand soak solution. Then we scrub a generous amount of sea scrub, damping skin and massaging up to the elbow. A thin layer of marine masque is next, leading to a manicure that leaves hands feeling and looking magnificent. • $65

G Spa Raindrop Pedicure
This special service is similar to our G Spa Raindrop Manicure, only it's designed for your feet. *50 Minutes* • $95

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 Dead Sea minerals. *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 Volcanic 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

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.

G Spa Hours of Operation

Pool, Health & Fitness Areas - Daily 6:30 am - 9:00 pm
Salon and Spa Services - Daily 8:00 am - 8:00 pm

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