



180°

Fitness & Spa

Eden Bay

*The Six Treatment Rooms
at Eden Bay Spa*



Dolphins
Couple Room



Seahorse
Treatment Room



Seashell
Treatment Room



Starfish
Treatment Room



Waves
Moroccan Hammam



Seaweed
Treatment Room

180°
Fitness & Spa

Worth Its Salt



The Philosophy

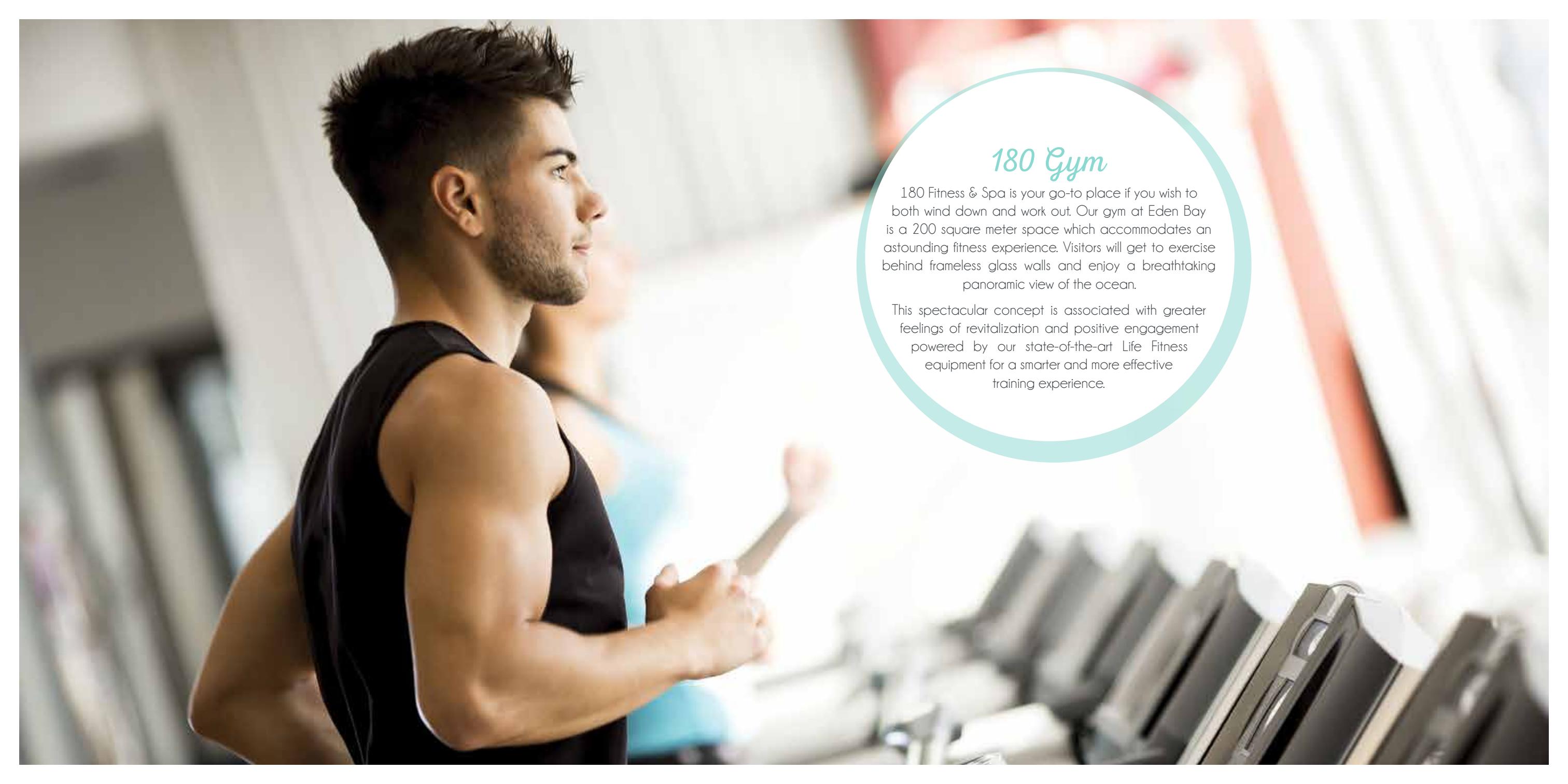
The ocean's curative properties are the reason why we are very often propelled to go to the beach when life gets too stressful. A trip to the beach stretches to us a break from the vanities of the big cities and allows us to reload ourselves. After a tiring day at work, we are bound to find ourselves envisioning a bright sun shining down on us, ocean waves tapping the shoreline, and wind gently blowing. The ocean is always kind enough to extend to us ample sensations of peace and and bliss, which is why we have chosen it as our inspiration.



180 Spa

Our ocean-inspired facility at the Lancaster Eden Bay Hotel located in Ramlet El Baida affords you an opportunity to immerse yourself in the ultimate experience of wellness and leisure. The Spa is situated on Beirut's unspoiled sand front, and what makes our space exceptional beyond comparison is its exquisite décor and the full panoramic view of the area's coastline.

For a complete marine experience, we have chosen certain ocean elements to be the centerpieces of our theme, and the 180 Degrees treatment rooms bear the names of these elements - the **Seahorse** (for serenity and patience), the **Seaweed** (for prosperity and health), the **Seashell** (for journey and infinity), and the **Starfish** (for intuition and inspiration). The Moroccan Hammam is called **Waves** (for rejuvenation and energy), and the Couple room is called the **Dolphins** (for emotions and power).



180 Gym

180 Fitness & Spa is your go-to place if you wish to both wind down and work out. Our gym at Eden Bay is a 200 square meter space which accommodates an astounding fitness experience. Visitors will get to exercise behind frameless glass walls and enjoy a breathtaking panoramic view of the ocean.

This spectacular concept is associated with greater feelings of revitalization and positive engagement powered by our state-of-the-art Life Fitness equipment for a smarter and more effective training experience.



180 Facilities

Wellness

The 180 concept at Eden Bay does not only come with majestic scenery, but also with a wide array of amenities including an indoor pool, sauna and steam rooms, a Jacuzzi tub, experience showers, lockers, and a relaxation lounge set up for our visitors to enjoy a warm cup of tea from our signature selection. Our clients can enjoy these complimentary facilities at any point during their visits.

Products

At the 180 Fitness & Spa, there is an exclusive use of the high-end Natura Bissé products for the facial and body treatments. Additionally, and in the world of aesthetics, home-based skincare routines are just as important as the therapies you receive from specialists. For this reason, we sell a selection of the top-notch Natura Bissé products for our clients to enjoy the innovative technology from the comfort of their own homes.

Gym Memberships

At 180 Fitness & Spa, we offer different types of gym and spa memberships tailored to meet all our clients' needs and preferences, and these include annual memberships, semi-annual memberships and personal training packages.



Guidelines & Policies

Spa Etiquette

The Spa is designed to provide a peaceful and harmonious setting. To ensure a relaxing environment for all our guests, we kindly request that you speak in a quiet voice and that you switch off your mobile phones or any other devices.

Special Considerations

If you are pregnant, you may wish to avoid booking treatments that involve the use of essential oils. Massages or stimulating treatments are not recommended during the first three months of pregnancies. Men are advised to shave at least three hours before facial treatments. If you have any medical conditions, such as high blood pressure, heart complications or allergies, we advise that you consult your doctor and inform your therapist before availing of any Spa services. You should also avoid sunbathing, eating a heavy meal, and consuming alcohol prior to your treatment, as these aspects may negatively affect your experience.

Arrival Time

We recommend that you arrive one hour prior to your scheduled treatment. This will allow enough time for you to relax and enjoy our luxurious Spa facilities. For your convenience, the Spa will provide towels, slippers, shower caps and all the necessary amenities for your visit.

Lateness and Cancellation Policy

Your late arrival may result in a reduction of treatment time, as a courtesy to our next guest. If you need to cancel or change your treatment, please let us know 4 hours prior to your scheduled appointment. Without proper notification or in case of non-arrival, the full treatment fees will be charged.

Valuables

We recommend that no jewelry be worn at the Spa. Neither the Spa management nor the employees will accept any responsibility for the loss of money or any kind of valuables brought into the Spa premises.

Age Policy

Children under the age of 16 years cannot use the Spa facilities, with the exception of the indoor pool, under parental supervision.

During Body Treatments

To sustain high professional standards and confidentiality, our clients are expected to wear the disposable shorts that we provide. This arrangement is mandatory, and failing to comply with it will lead to the automatic termination of the therapy session.

Relaxation Lounge

As part of your body and mind treatment, you will be invited to rest and recuperate in our relaxation lounge. You are welcome to stay for as long as you like.

Spa Boutique

Our boutique offers a full range of Natura Bissé face and body products for your continued skin care regimen and your home-based Spa experience. The Spa gift certificates make wonderful presents for any special occasion. For enquiries or additional details related to the purchase of our products, you may visit or call the Spa reception.

Gym Membership

The Spa memberships offer great value and a combination of benefits and services tailored to meet your personal preferences. For enquiries or additional details related to the privileges that we extend, you may visit or call the Spa reception.

Spa Day Entrance

Non-hotel guests are also welcome to enjoy the 180 Fitness & Spa facilities, for a fee of 30\$ for a single-day access.

Opening Hours

180 Spa

Mondays-Sundays: 10:00 am to 9:00 pm

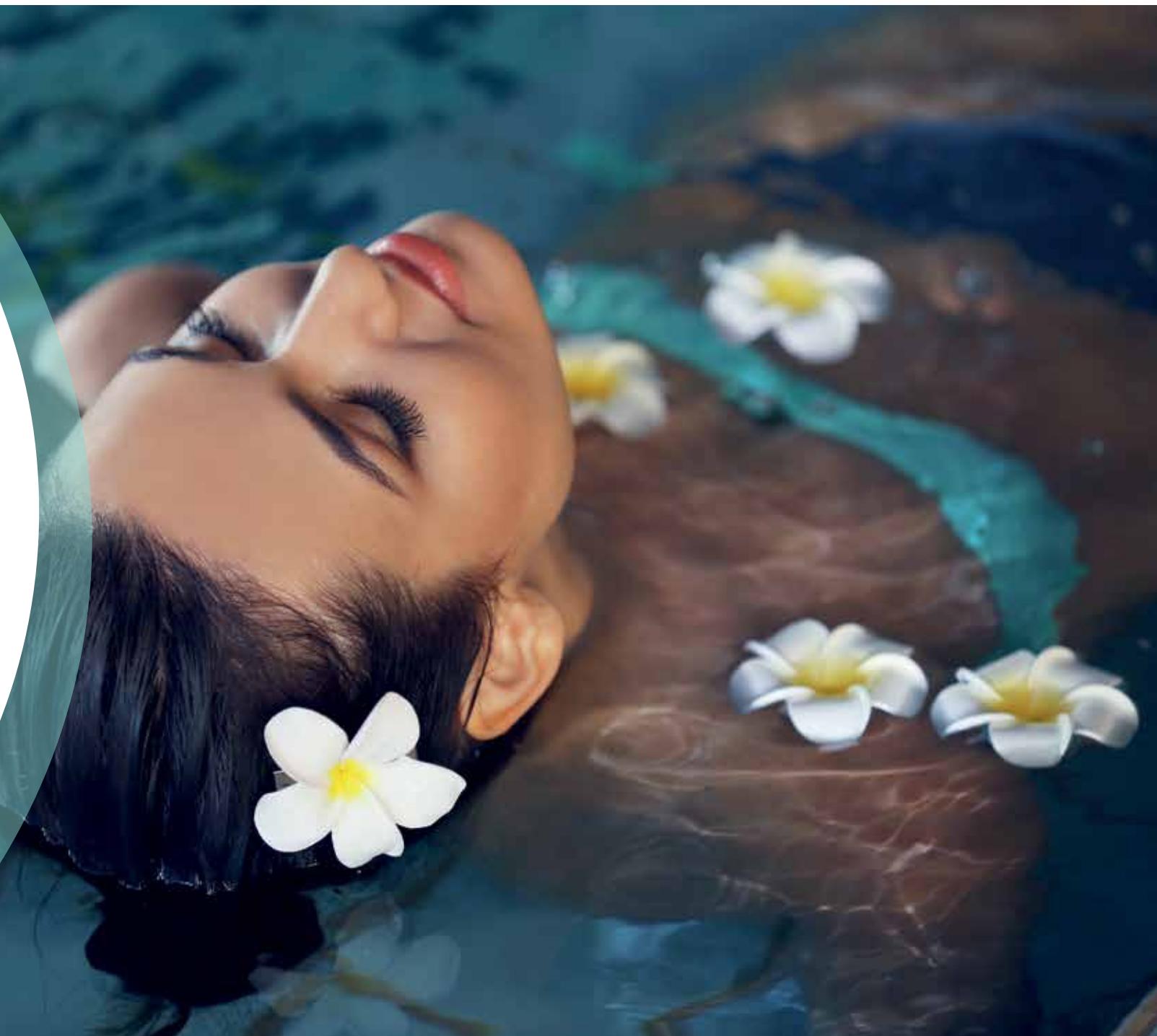
Note

The last treatment may be booked at 8:00 pm for a maximum of 60 minutes.

180 Fitness

Mondays-Fridays: 6:30 am to 11:00 pm

Saturdays-Sundays: 7:00 am to 9:00 pm





Natura Bissé

Founded by Ricardo Firas Mulleras in 1979, Natura Bissé is a Spanish luxury skincare brand that first entered the professional cosmetics market with five creams for different skin needs. Mulleras decided to get in the business of skincare when he saw how hydrolyzed elastin and collagen proteins improved the texture of the skin.

The company was built on a multitude of pillars, including professionalism, commitment, talent, and social responsibility. These essential values, with which the product line has become globally associated, are still materially present in its current structure.

Natura Bissé products are used by our professionals during treatments, and they are sold at our boutique for our customers to enjoy an ultimate home-based skincare experience.



Signature Treatments

We have created a unique array of luxurious treatments combining different techniques and specialties from our best treatments and therapies for you to enjoy a truly uplifting experience that is exclusive to our facility. The journey of enhancing your inner balance and restoring your natural radiance starts here.



The Age Recovery Cure Facial

Detoxifies-Rejuvenates-Remodels

Ease your mind with this invigorating Japanese facial that begins with a deep cleansing of the face. The Age Recovery Cure Facial also comprises of a detoxifying and sculpting massage as well as a yoga massage to rejuvenate smoothing lines and wrinkles. The treatment ends with a double-layer mask to remodel and hydrate the complexion.

⌚ 60 min

Hydro Renewal

Hydrates-Renews-Tones

Improve your skin tone and texture with this purifying protocol that will restore freshness. The Hydro Renewal includes deep exfoliation, a detoxifying algae mask, a balancing cranial massage, and the application of a hydrating cream. Two of the most visible benefits are the detoxification and the toning of the skin, giving it a firm and vigorous appearance. This treatment is ultimate for inducing the skin's natural radiance, combating signs of aging and furnishing a silky finish.

⌚ 60 min

Lomi Juma

Energizes-Balances-Soothes

Restore your inner balance with a fusion of massages inspired by different techniques and maneuvers. This protocol improves microcirculation, unblocks your joints and relaxes your muscles. Lomi Juma will also restore your physical and mental well-being by transporting you into a deep state of relaxation and peace.

⌚ 60 min

Escape To Morocco

Radiates-Restores-Relaxes

Indulge in a majestic Hammam that will transport you to the enchanting rituals of ancient Morocco with the utilization of delightfully scented and natural products. Our Escape to Morocco Hammam starts with the immersion of the body in black soap, and it is followed by a vigorous body exfoliation to reveal radiant and glowing skin. The pampering continues with an anti-aging facial, as well as a hair-repairing precious oil treatment. We end your unique experience with a revitalizing scented Argan oil body massage that will leave you deeply relaxed and your body completely rejuvenated.

⌚ 110 min



Massage

Balinese and Asian massage techniques are renowned globally for their relaxing and rebalancing benefits. Experience our unique selection of practices, which combines authentic manual therapies and pure essential oils for the purpose of boosting circulation and enhancing wellbeing.



Wellbeing Massage

Calm and Relax

A light, calming massage beginning with a foot ritual. For this massage, whose core focus is the lymph areas, we have chosen a special selection of aromatherapy essential oils to help penetrate the blood stream and ease the central nervous system.

🕒 60 - 90 min

Touch of Bali

A prominent Balinese massage combining gentle stretches, acupressure, reflexology, and aromatherapy. The purpose of this massage is to stimulate blood flow, bringing a sense of wellbeing and deep relaxation.

🕒 60 - 90 min

Deep Tissue Massage

A powerful massage combining pressure point work and firm, longer hand, elbows and forearm strokes. This massage is aimed at alleviating chronic muscle tension and fatigue.

🕒 60 - 90 min

Volcanic Stone Massage

A full body relaxation massage using heated volcanic stones. The energy centers are activated by the action of the 7 Chakra stones, and the body is massaged with rare volcanic stones, called the Basalt hot stones, and subtle essential oils. This gives an immediate sense of relaxation and calms muscle tension.

🕒 90 min

Heated Herbal Massage

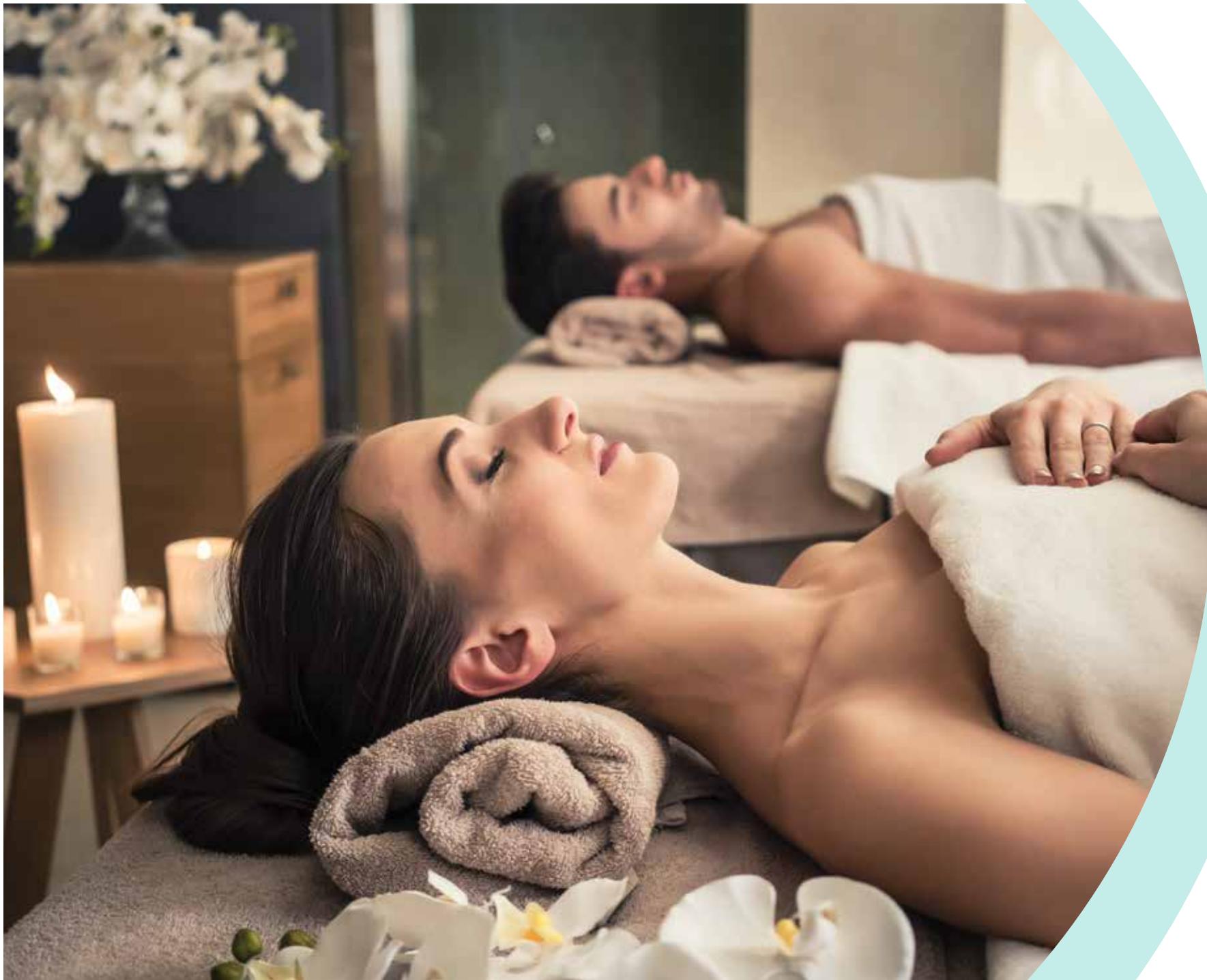
A muscle-relaxing and organ-stimulating massage using a Thai heated herbal compress. The treatment begins with a foot ritual and an aromatherapy massage, and it is concluded with a full body herbal steam press to improve and revive the lymphatic system.

🕒 75 min

Reflex Foot Massage

A Chinese medicine-inspired massage employing reflexology to provide alternating thumb pressure on the feet. This technique allows for the release of the body's natural energy and encourages full body wellness.

🕒 30 - 60 min



Specialty Massage

Javanese Massage

A unique body massage for ultimate relaxation beginning with a relaxing foot ritual and the soothing action of warm towels over the entire body. The Javanese massage relies on deep thumb pressure, stroking palm movements, and skin and veins squeezing/pushing to improve blood circulation.

🕒 60 min

Candle Melt Massage

A perfectly skin nourishing body massage using warm aromatic candle massage oil made of Shea butter. The heated candle melts the butter and allows it to spread like any oil when poured over the body.

🕒 60 min

Two of You

An opportunity laid out for partners, friends, mothers, and daughters to enjoy a full body massage of their own choice together. The customized experience will take place inside one of the Spa's fully equipped luxury treatment rooms, and our visitors get to use the available Jacuzzi for 20 minutes prior to the commencement of the treatment.

🕒 60 - 90 min

Warm Oil Massage

A deeply relaxing therapeutic massage using the most exquisite and imported essential oils, custom blended to help with sleeplessness, respiratory problems, lethargy, and anxiety.

🕒 60 - 90 min



Quick Massage

Back Reviver

A special deep-pressure massage combining different methods for the relief of built-up tension trapped inside of muscles. With a special focus on back pain, the treatment brings body revitalizing and energizing results.

🕒 30 min

Shiro Dhara

An Indian Ayurvedic treatment resembling the experience of meditation. Warm oils flow smoothly across the center of the forehead and into the scalp, melting away tension and all worry. A massage of the scalp, neck and shoulders is then performed to stimulate a tranquil state of mind.

🕒 30 min

Headache-Less

A therapeutic massage focusing on accumulated head, neck, and shoulder tension. The treatment comprises postural analysis and the implementation of advanced techniques for headaches, stiff necks and upper back tension, such as muscle stretching and deep tissue or trigger point remedies.

🕒 30 min

Anti-Stress Touch

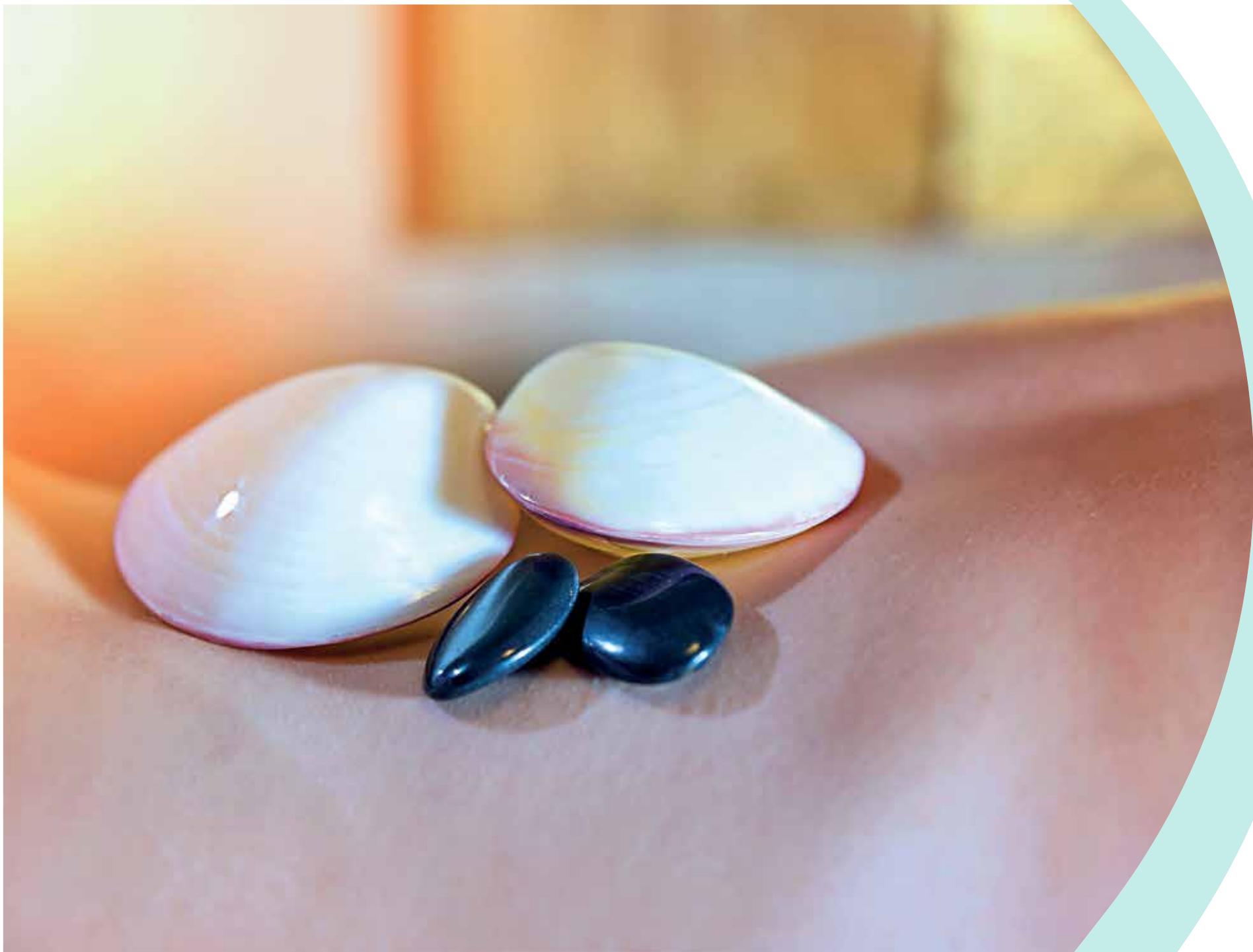
An absolute relaxation and stress-reducing experience for the entire body. Our face and scalp massage brings about tangible and curative effects on headaches, and to ensure this favorable result, we put into work immensely gentle and comforting movements.

🕒 30 min



Lava Shell Massage

Experience a massage tremendously connected to the ocean, using the world's first self-heating massage tool, the Lava shell. This unique innovation is prominent among warming Spa therapies for its ability to ease muscle and joint pains. Lava shells are made of 100% recycled Tiger Clam shells, and they are designed to mimic the shape of the hand. These eco-friendly shells are imported from the South Pacific, and they are powered by Lava gel, which is a mixture of minerals, algae and Dead Sea kelp. This material, when mixed with sea water, generates its own heat and stays warm for up to an hour. This enables our therapists to work on an at least 3 times deeper level than just the hands to provide a seamless massage of heat and touch with no loss of contact.



Lava Shell Tummy Massage

A treatment that will definitely leave you feeling comfortable and rejuvenated, the Lava Shell Tummy massage will also see you with a flatter stomach for a good number of days. Heated Lava shells will be used to massage the abdominal area, and, for this reason, this treatment is ideal for individuals suffering from IBS, bloating and other gastro conditions.

🕒 15 min

Lava Stones Back & Legs Massage

A massage focused on the back and the legs, this deep tissue treatment will immediately relieve tense muscles, knots and stress points.

🕒 45 min

Lava Shell Relax Body Massage

A calming massage with soothing outcomes, the original Lava Shell massage provides deep relaxation and will act as a natural relaxant of the digestive system. The heat from the Lava Shells stimulates the blood supply, resulting in healthier-looking skin and in the easing away of muscle tension through deep tissue pressure point rubbing.

🕒 60 min



Moroccan Hammam Ritual

The Moroccan Hammam is an ancient, traditional cleansing ritual that has gained worldwide popularity due to its amazing benefits and its ability to help heal both the body and the mind. This Hammam is a combination of physical and emotional detoxification procedures to beautify the skin, activate blood circulation, nourish the body, decrease muscle tension, promote deep relaxation, improve sleep patterns and boost the immune system.

* Black Soap

A luxurious mixture of pure Argan and olive oil enriched with Eucalyptus, black soap is highly rich in Vitamin E. It softens, nourishes as well as prepares the skin for exfoliation.

* Kessa Mitt

An essential tool for exfoliation, the Moroccan glove is capable of vigorously rubbing off all the dead skin and impurities.

* Ghassoul Body Mud

A high quality absorbent of toxins and extractor of impurities, the naturally enriched Moroccan clay has immense amounts of iron, magnesium, potassium, aluminum and silica, making it superiorly nourishing and hydrating.

* Massage Body Oil

A special replenishing blend of Moroccan body oils rich in pure ECO certified Argan oil, this mixture will leave your skin glowing and radiantly soft.





Traditional Hammam

The transformational journey of ancient Arabian opulence begins with immersing the body in the traditional Eucalyptus-perfumed black olive soap. After that, the Kessa Mitt will be used for body exfoliation to reveal radiant skin. This will then be followed by a Chassoul body mud treatment to mineralize, nourish and detoxify the body. You will end your Moroccan Hammam experience with an invigorating scented Argan body oil massage for your regenerated new skin.

🕒 40 min

Bliss Hammam

The luxurious Bliss Hammam experience starts with the Traditional Hammam to improve tonicity and induce a healthy skin glow. A deeply hydrating Argan serum will be the key element of this Hammam. A refreshing facial scrub and a healing white Clay Chassoul treatment will follow, and you can choose between our facial treatments or you can opt for a deeply repairing hair treatment instead.

🕒 60 min

Oriental Hammam

The imperial Hammam ritual is a complete full body rejuvenation treatment starting with a Neroli body scrub, and followed by a Kessa Mitt exfoliation and a Chassoul body mud treatment. A relaxing full body massage by one of our skilled masseuses will conclude this experience.

🕒 90 min



Body Treatments

At the 180 Fitness & Spa, we offer a wide range of body treatments drawn out to suit everyone's needs by easing the mind and releasing tension. We harness the best of essential oils, natural ingredients and holistic practices for a fully revitalizing experience. Our advanced formula skincare products will leave you feeling energized and your skin entirely nourished. This innovation in body treatments will deliver remarkable and highly visible result.

Citrus Scrub

Exfoliates-Revitalizes-Firms

A complete citric energy experience that eliminates dead skin cells using exfoliating agents, revitalizes and reveals radiant skin, promotes circulation and the toning of muscles, and affords instant firmness and elasticity. The Citrus Scrub comprises of a reinvigorating aromatherapy, an antioxidant citric exfoliating massage, full body hydration and a body alignment remedy.

⌚ 60 min

Bamboo Scrub

Exfoliates-Stimulates-Softens

A regimen that nourishes and hydrates the skin using elements of bamboo microfibers and essentials oils.

⌚ 60 min

Detox Marine Algae Essence

Detoxifies-Regenerates-Hydrates

A marine algae and bamboo particles-based treatment that polishes away dead skin, and detoxifies as well as firms the entire body.

⌚ 60 min

D-Stress

Oxygenates-Hydrates-Decongests

A face and back luxurious oxygen therapy that detoxifies and hydrates target areas while also relaxing and providing a complete sense of well-being.

⌚ 60 min

The Mother To Be

Relaxes-Comforts-Prevents

An ultimate prenatal experience that is ideal for easing the various discomforts typically associated with pregnancy, such as cramps and lower back pain. This treatment is the ideal way for pregnant women to kick-start their motherhood journeys with some deserved pampering.

⌚ 60 min





Services Upgrades

Tension Relief

Relaxes-Relieves-Releases

Add a few minutes of relaxing massage to your protocol in order to relieve muscle tension in target areas, such as the neck, the shoulders, the legs or the feet.

🕒 15 min

Citrus Hands

Restores-Brightens-Revitalizes

Give your hands the care that they deserve with the Citrus Hands add-on that comprises of an antioxidant exfoliation using a citric scrub, a restorative cuticle therapy, a regenerating mask, nail treatment and a soothing massage. Relying mainly on antioxidant vitamin C products, this service upgrade will furnish immediate results, and it will leave you with exfoliated and rejuvenated hands.

🕒 15 min

Citrus Feet

Restores-Brightens-Revitalizes

Give your feet the care that they deserve with the Citrus Feet add-on that comprises of an antioxidant exfoliation using a vitamin C scrub, a regenerating mask and a soothing massage. This service upgrade prevents premature aging and reveals radiant and smooth skin in no time.

🕒 15 min

A serene spa treatment setup featuring teal glass jars, lit candles, and white flowers in a glass dish, all on a light blue wooden surface. The scene is bathed in soft, warm light, creating a relaxing atmosphere. A large teal semi-circle graphic is overlaid on the right side of the image, framing the text.

Facial Treatments

With immediate benefits, facials are very popular treatments among spa goers for their ability to calm a busy mind, improve overall health and restore the vibrancy of the skin. Facials involve a variety of therapeutic procedures, such as deep cleansing, massaging and exfoliation. Other noticeable and instant results include refreshed and relaxed skin, renewed skin cells and refined pores for a more youthful look.



The Express Facial

Cleanses-Hydrates-Calms

A revitalizing treatment that rejuvenates skin without exfoliation. It is one of the most famous facial protocols, and it is ideal for all skin types and just before that special date.

⌚ 30 min

Carboxi-Express

Reveals-Renews-Exfoliates

A quick peel that produces immediately visible results and an on-the-go glow in only 30 minutes. It is a triple-exfoliating treatment that relies on a combination of 5 Alpha Hydroxy Acids.

⌚ 30 min

The Citrus Essence

Revitalizes-Stimulates-Firms

An antioxidant treatment that restores vitality to sun-damaged skin and helps minimize signs of premature aging. The use of 100% pure vitamin C products will stimulate collagen production and renew skin firmness.

⌚ 60 min

The O2 Relax

Purifies-Brightens-Balances

An essentially invigorating and exfoliating treatment that re-energizes cellular function and reveals hydrated skin. The revitalizing power of pure oxygen will decongest and brighten a dull complexion, restoring clarity and a healthy glow.

⌚ 60 min

The Detox Cure

Restores-Detoxifies-Decongests

A true antidote that fights the ravaging effects that our modern lifestyles have on our skin. This deep cleansing facial includes an innovative enzymatic detox, a steam to open and purify pores, and a meticulous extraction process to reveal extraordinarily soft and radiant skin.

🕒 60 min

The Yoga Facial

Soothes-Balances-Relaxes

A calming facial that targets even the most inflamed of skin. It is accompanied by a relaxing massage, and the fruit enzymes from the used combination of botanicals help exfoliate the skin. An algae mask will also be applied to help replenish lost vitamins and hydrate the skin.

🕒 60 min

Facelift Optimizer

Lifts-Fills-Relaxes

A surgical alternative that infuses the skin with all of the benefits of a microinjection without neurotoxins. With the help of innovative and highly concentrated ingredients, the Facelift Optimizer will visibly lift skin after just one treatment.

🕒 75 min

Essential Eyes

De-puffs-Decongests-Drains

A remedy that charges your skin with all the benefits of marine algae. It relieves puffiness and dehydration around the eye contour area with the use of a nourishing cocktail made of decongesting ingredients.

🕒 30 min





Services Upgrades

Peeling Addition

Renews-Detoxifies-Decongests

A triple exfoliation (mechanical, enzymatic and chemical) formulated with 5 Alpha Hydroxy Acids that produces visible results from just one session and that could be easily added to any of the treatments.

🕒 15 min

Double Facial Mask

Contours-Hydrates-Firms

A deeply nourishing contouring mask that allows for a deeper penetration of any of the products applied before it.

🕒 15 min

Eye Mask

De-puffs-Decongests-Drains

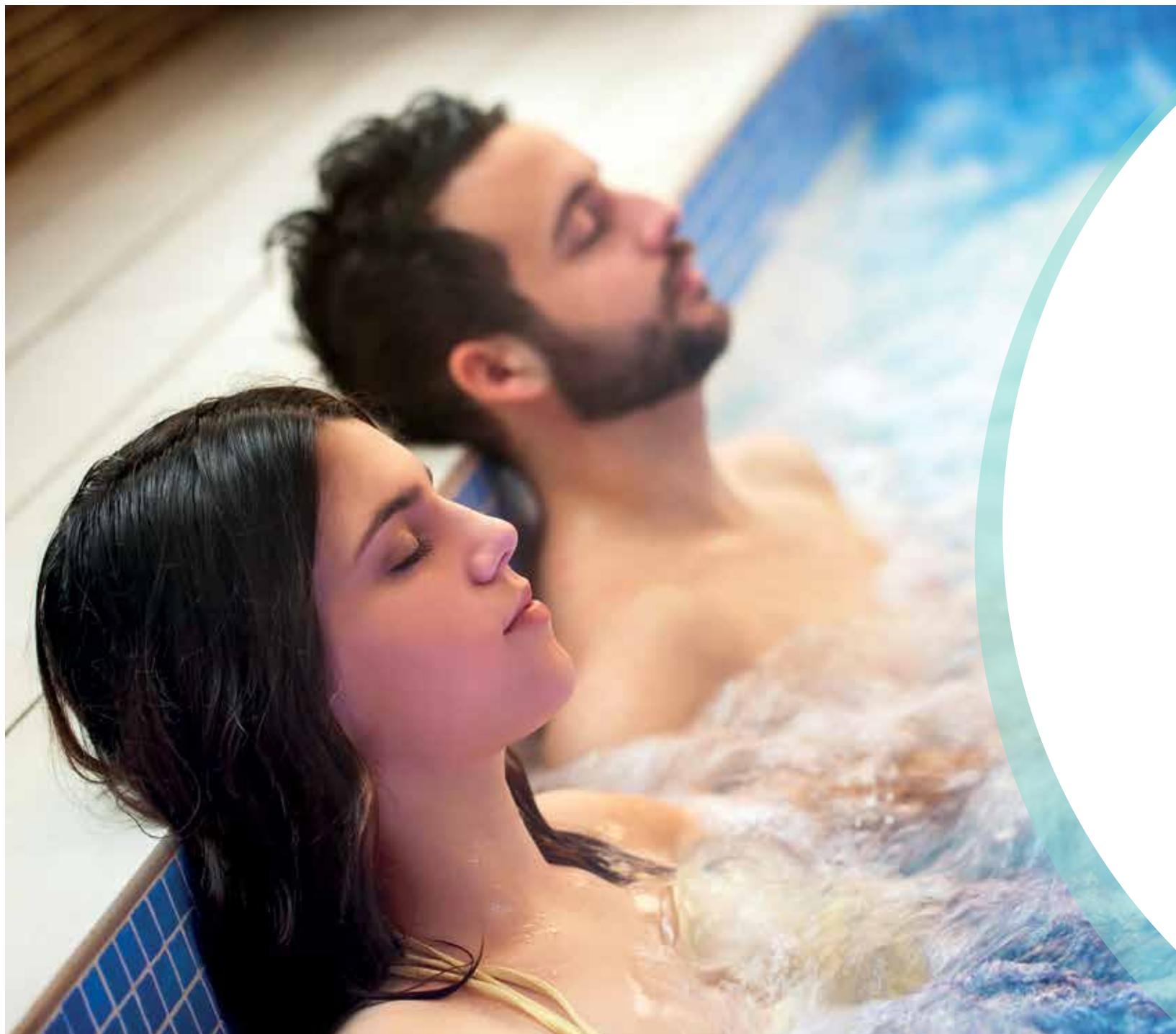
A refreshing mask that restores vitality and a youthful appearance to the eye contour area. It is an infusion of active ingredients which will soothe and pacify this delicate area.

🕒 15 min



Packages

At the 180 Degrees Fitness & Spa, we offer a number of packages for you to choose from based on your own needs. With a little extra pampering here and there, our value and convenience packages include numerous combinations that will make your experience much more enjoyable.



A Vacation For Two

This is the ultimate package for couples or any two individuals who wish to spend some quality time together. The journey of de-stressing and unwinding includes a unique array of massages and treatments, as well as access to the Jacuzzi.

- Hot oil massage
- Reflexology
- Scalp massage
- Jacuzzi access (including refreshments)

🕒 2 hrs

Your Escape By The Sea

Indulge in an experience that will redefine the word leisure, help you melt into your vacation and allow you to enter into a world of serenity. This is an essential escape from the pressures of your daily life, and it includes different types of therapies, a body massage, a snack by the sea, and access to the 180 Gym, sauna, steam room and Jacuzzi.

- Gym access
- Sauna, steam room and Jacuzzi access
- Snack by the sea
- Balinese full body massage
- Reflexology
- Facial treatment

🕒 4 hrs

The Complete Ocean Odyssey

Discover a stress free way of life with the full-day package that includes a wide range of citrus therapies and body treatments. The total ocean experience is also complemented by a smoothie breakfast, a lunch by the sea and access to the 180 Gym, sauna, steam room and Jacuzzi. The Complete Ocean Odyssey guarantees uninterrupted relaxation and leaves you feeling invigorated.

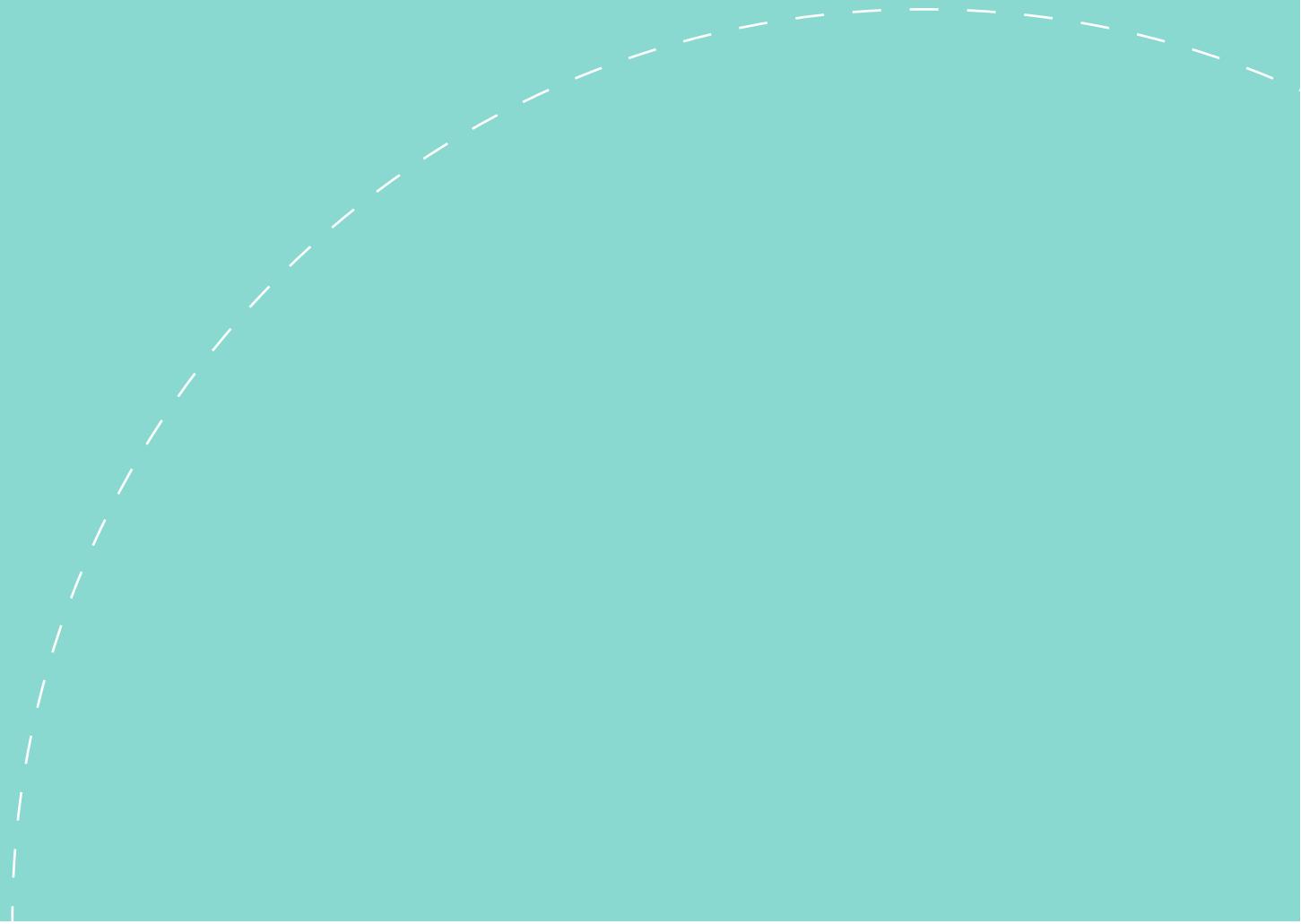
- Gym access
- Sauna, steam room and Jacuzzi access
- Smoothie breakfast
- Citrus full body scrub
- Marine algae body wrap
- Full body massage upon choice
- Lunch by the sea
- Citrus facial and eye treatment
- Citrus hands and feet treatment

🕒 8 hrs

Spa Deals

- Buy 5 treatments and get 1 free treatment.
- Buy 10 treatments and get 3 free treatments.

Worth Its Salt





180 Fitness & Spa - Eden Bay

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