

For Ghaya Grand Hotel October is PINKTOBER!



United Arab Emirates, Dubai, Nov 2, 2021 (Issuewire.com) - We Support the fight against Breast Cancer Awareness. October month special attention was given to Breast Cancer by supporting research and educating women about prevention, diagnosis, treatment, and cure. Ghaya Grand Hotel and Ghaya SPA & Wellness Club as being known for being a Family Wellness Non-Smoking and Non-Alcohol Hotel and Apartments. We took it as a social responsibility to raise awareness about breast cancer and to educate women on the importance of regular screening, adopting a healthy lifestyle & pursuing wellness for a better life. We hosted a Ladies Wellness event and Dinner with famous female influencers and cancer survivors from across the globe to create Breast Cancer Awareness.

This October Ghaya Grand Hotel in order to create Breast Cancer awareness is offered Free “Friday Brunch” at Fusion Restaurant to ladies dressed in Pink with any perchance of Equal or greater value of the same. Ghaya Spa & Wellness Club offered a 50% discount to ladies on all Spa & Wellness activities including Massage, GYM, Kickboxing, Swimming, and Yoga classes.

Without any doubt eating a well-balanced diet based on veggies, fruits, and whole grains, regular exercise, limiting alcohol intake, and avoiding tobacco are all the right steps to minimize the risk of developing cancer. Stressful situations can sometimes encourage less healthy choices such as smoking, overeating, or consuming more alcohol all of which can lead to cancer. A regular screening

mammogram is extremely important as it is the best method to detect breast cancer.

Physical activity of our Ghaya Wellness Club like - GYM, Kickboxing, Swimming, Yoga classes, and Meditation all help in managing stress. Regular Ghaya Wellness Club visits will boost your physical immunity and will positively impact your psychological health. All types of body massages increase blood circulation, reduce blood pressure, and relieve stress. Ghaya Spa visits allow you to relax, destress and enhance your body's well-being.

Ghaya Grand Will Continue To Fight Against Breast Cancer Awareness

Located in Ghaya Grand Hotel

Al Fay Road

Dubai Production City (IMPZ), Dubai

United Arab Emirates

For booking: 00971 52 351 1977

Email: marketing@ghayagrandhotel.com

Quick links:

Website

<http://www.ghayagrandhotel.com>

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Source : Ghaya Grand Hotel

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