



# Mechouar Metn







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**Mechouar is a project by Madanyat, funded by the Organisation Internationale de la Francophonie, which brings together the collective efforts of local businesses and tourism enthusiasts in the Metn district. The main objective of this project is to empower women economically by transforming their businesses and entrepreneurial ideas into scalable ventures that can support one or more families and contribute to the country as a whole. The participants have undergone a series of training and coaching sessions to enhance their skills and develop their small businesses, which will have a direct impact on local tourism.**

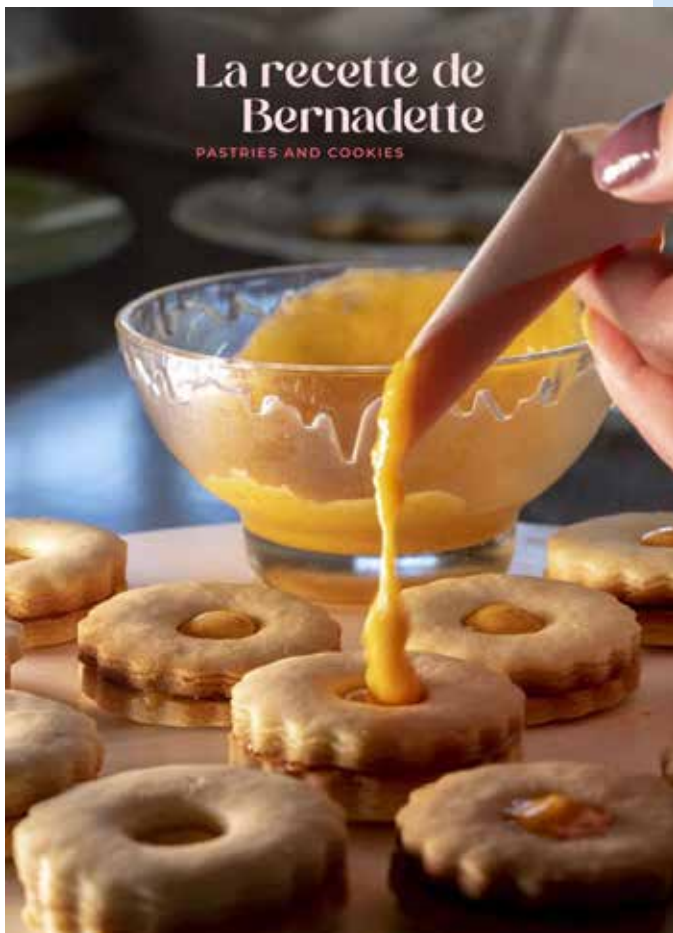
The Metn district is a magnificent region of Lebanon that is worth visiting throughout the year. Join us and explore the creativity of 25 women who are leading small and medium-sized businesses in the region. Marvel at the beauty of its valleys and mountains adorned with pine trees, and be captivated by the array of colors they offer. Indulge in the diverse flavors provided by this generous land, and take home locally crafted products showcasing skill and style.





Madanyat is a Lebanese Non-Governmental Organization, aiming to respond effectively to the social change occurring in the country, believing that a diversity of voices will lead to a fairer, more inclusive and democratic society. Our NGO actively contributes to reaching gender equality in all designated and elected bodies with the aim of achieving an inclusive political and public life. We equip women with the needed skills and confidence to raise their voices and be part of their community's force for change and we encourage them to lead their own initiatives and positively influence their surroundings.

[www.madanyat.org](http://www.madanyat.org)



## La recette de Bernadette

PASTRIES AND COOKIES

## La recette de Bernadette

**Bernadette Daou**  
**Maria Zgheib**

Introducing a small business that celebrates the essence of homemade cookies made with love from a loving mum.

Whether you're looking for a nostalgic treat or a heartfelt gift, our cookies are the perfect choice!!

With Love, Bernadette

### Email:

berodaou44@gmail.com  
mariabzgheib@gmail.com

### Phone:

71 722 577  
03 841 090



## Waraka

**Catherine el Tannouri**

Founded by two sisters, turns trash into reusable art through handcrafted recycled paper with artistic touches.

Their creative process involves collecting discarded materials, creating pulp, and crafting unique sheets.

By transforming waste into beautiful creations, Waraka promotes sustainability and inspires others to find creative ways to repurpose materials

### Email:

catherine.tannoury@gmail.com

### Phone:

03 544 413



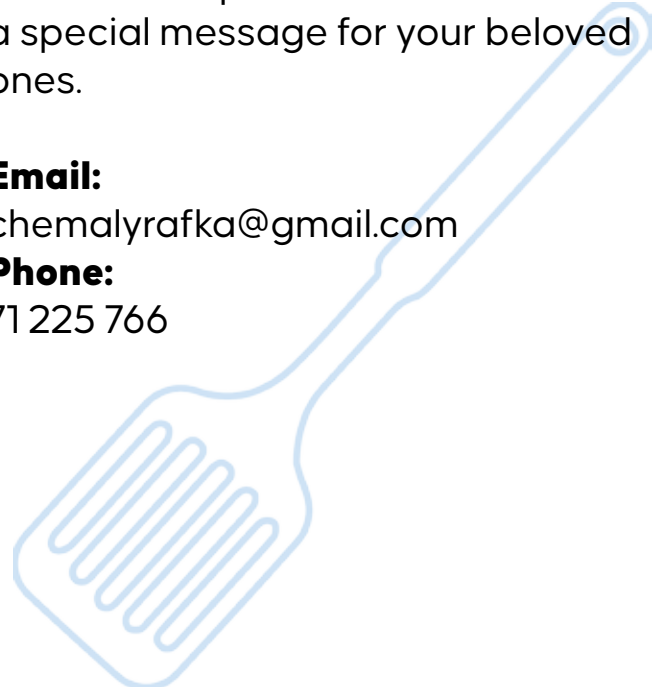


## **Moods à la carte**

### **Rafka Chemali**

Presents the Finest Belgian chocolate boxes filled with Bueno or Rocher, hazelnut, cranberries and caramelized peanuts customized with a special message for your beloved ones.

**Email:**  
chemalyrafka@gmail.com  
**Phone:**  
71 225 766



## **Elite Beauty Salon**

### **Nicole Aboud Maroun**

Life is not perfect but your nails can be, make time to pamper yourself

Nails, body care, makeup, and much more

**Email:**  
nicole\_29m@hotmail.com  
**Phone:**  
03 568 850





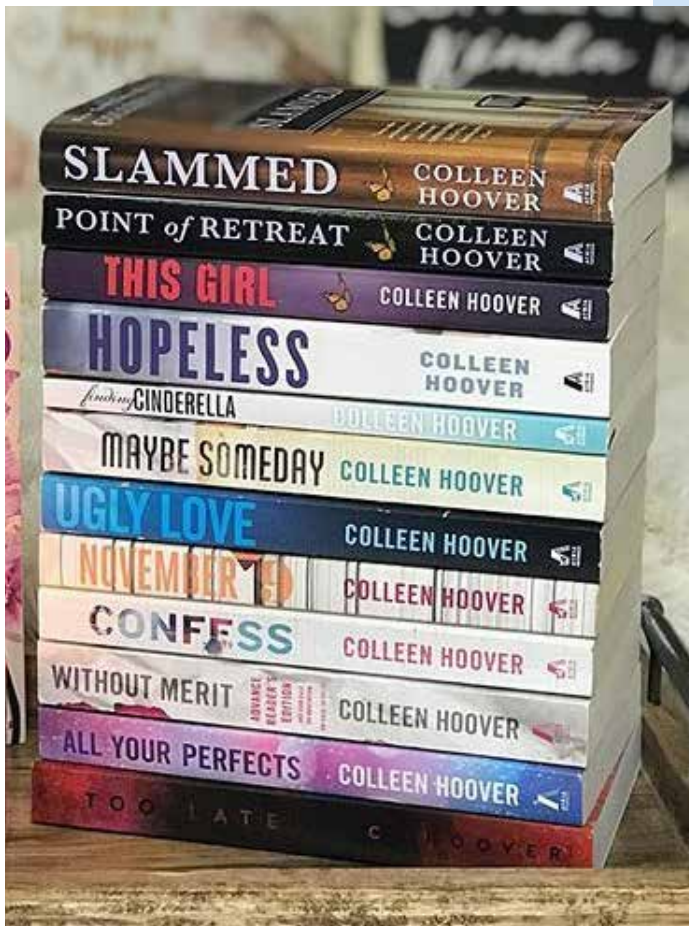
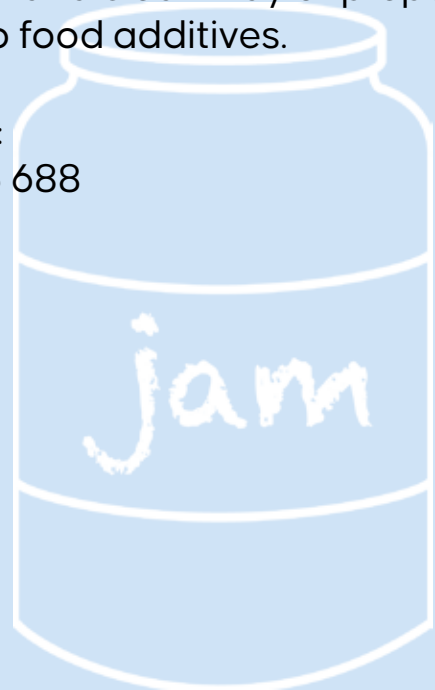
## **Teta jouja**

### **Georgette Nehme**

In season jams, with minimal amount of sugar to keep the natural flavor of the fruits.

Natural and clean way of preparation, with no food additives.

**Phone:**  
70 285 688



## **Loua's dream bookshop**

### **Alaa Majed**

To every bookworm, a selection of stories, novels, and self-help books, delivered to your doorstep.

If you're a Beirut resident, you can also rent our books for a fraction of the price.

**Email:**  
alaamajed97@gmail.com

**Phone:**  
81 796 010







## **Translator and touristic guide**

### **Perla Youssef**

Discover the world with me as your dedicated translator and tourism guide. Let's embark on an unforgettable journey to captivating destinations, bridging language gaps and immersing ourselves in vibrant cultures. With my expertise, I'll ensure seamless communication and provide valuable insights, making your travel experience truly remarkable. Let's explore, connect, and create lifelong memories together.

**Email:**

perlayoussef01@gmail.com

**Phone:**

76 169 570



## **Translator and touristic guide**

### **Cetrile Aouad**

Unlock extraordinary adventures with my personalized translation and tourism guide services. As your trusted companion, I'll be by your side to navigate foreign lands, break language barriers, and uncover hidden gems. From translating local delicacies to immersing you in cultural traditions, I'll ensure an authentic travel experience. Let's embark on a journey of discovery, where every step brings new enchantments and cherished memories.

**Email:**

cetrile@gmail.com

**Phone:**

71 887 715



## **Rose of the valley**

**Howeida Abi Hessen Daou**

**Hala Kassam Jaber**

**Soha Daou**

Discover the beauty of each distilled herb and flower, pamper yourself with each nature filled drop from our unique products. Enjoy the wonderful, relaxing, and refreshing smells, that will heal your body and soul. Get yourself nature's priceless gift in a bottle from our production.

### **Email:**

daouhwaida6@gmail.com

halakassamjaber@gmail.com

Soha-daou@hotmail.com

### **Phone:**

70 434 088

81 695 155

03 873 161



## **La Fleuriste for all occasions**

**Layal Jean Alam**

Flower arrangements for all occasions, a diverse selection of flowers to make your day even more special.

### **Phone:**

03 673 436





## Hoda abi haidar karam

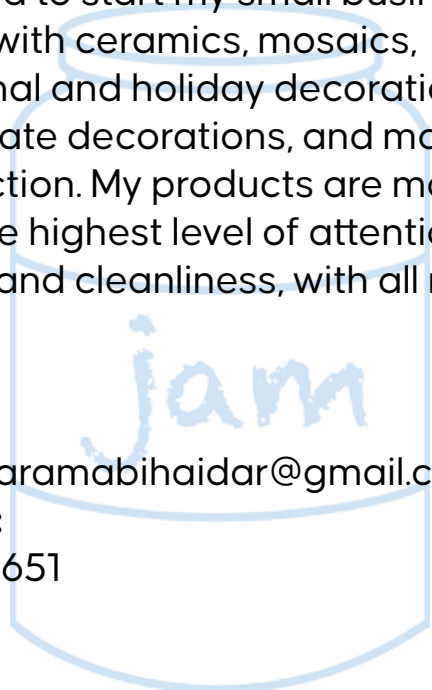
With my passion for arts and crafts, and the harsh economic situation that the country is going through, I decided to start my small business. I work with ceramics, mosaics, seasonal and holiday decorations, chocolate decorations, and mouneh production. My products are made with the highest level of attention to detail, and cleanliness, with all my love.

### Email:

Hodakaramabihaidar@gmail.com

### Phone:

03 215 651



## Mom's recipe

### Sanaa Rafeh Alawar

A mother's touch in each dish. Lebanese foods, and mouneh.

### Email:

sanaa.awar@outlook.com

### Phone:

76 188 269





## **Reha Therapie**

**Denise Daou**

Osteopathic Manual Therapy  
To the tourists who faces troubles  
and need support in rehabilitation  
and maintenance

**Email:**

denise\_daou@outlook.com

**Phone:**

76 686 225

**Instagram:**

@reha.theraphie



## **Rana candles**

**Rana al Najjar**

How to integrate biological and  
chemical natural reaction to prepare  
our healthy food from our home  
ingredient

**Email:**

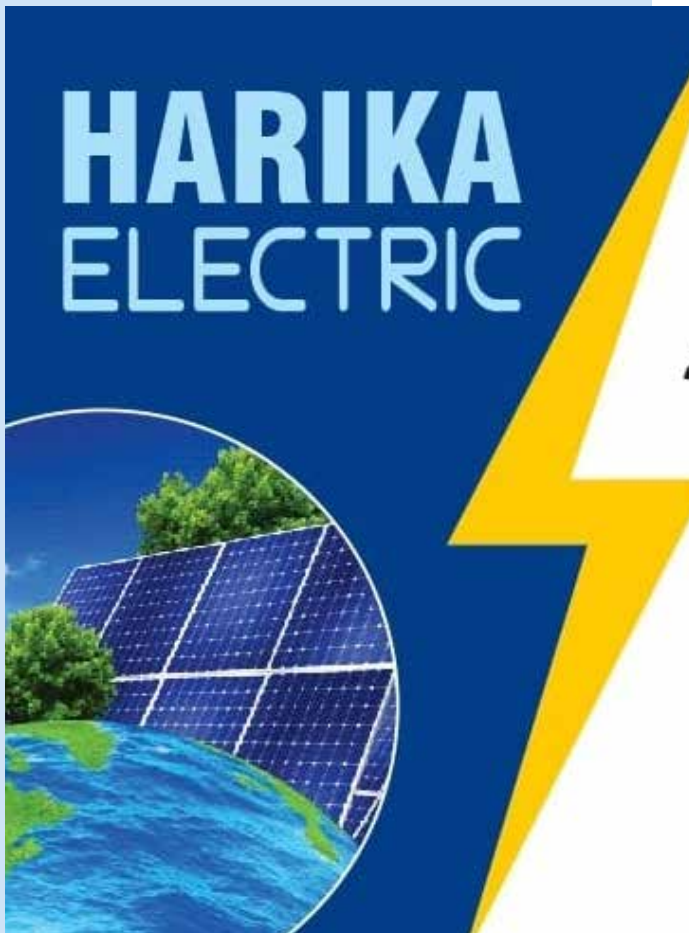
alnajjarrana@hotmail.com

**Phone:**

03 012 624







**Harika electric**  
**Nicole Youssef Harika**

From our belief in a woman's power to succeed in every workspace, I started this electronics business. We sell all kinds of electronic, and electric products, along with the services that follow, from installations to repairs.

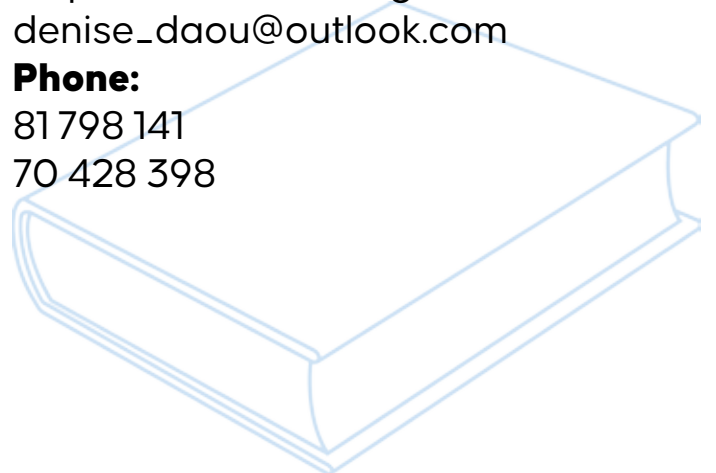
**Email:**  
nicole\_youssef\_harika@hotmail.com  
**Phone:**  
03 195 568



**Das Wort**  
**Stephanie Daou**  
**Marcelle Daou**

Become a fluent German speaker with the help of our best teachers

**Email:**  
stephaniedaou410@gmail.com  
denise\_daou@outlook.com  
**Phone:**  
81 798 141  
70 428 398





## **Mirart's artistry** **Miriana Saliba**

Transform your space with Mirart's artistry. From elegant glassware to charming tableware, each piece is hand-painted with care. "I dream my painting and then I paint my dream," said Van Gogh.

### **Email:**

mirart70646435@gmail.com

### **Phone:**

70 646 435



## **Em Samer's Mouneh** **Pierrette Ghossein**

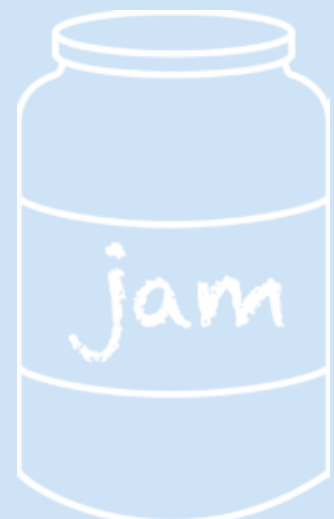
Includes all kinds of beans and nuts, spices and teas, keshk, zaatar, summak, syrups and jams. Hand-made for every home

### **Email:**

pieraghossein70@gmail.com

### **Phone:**

71 661 674







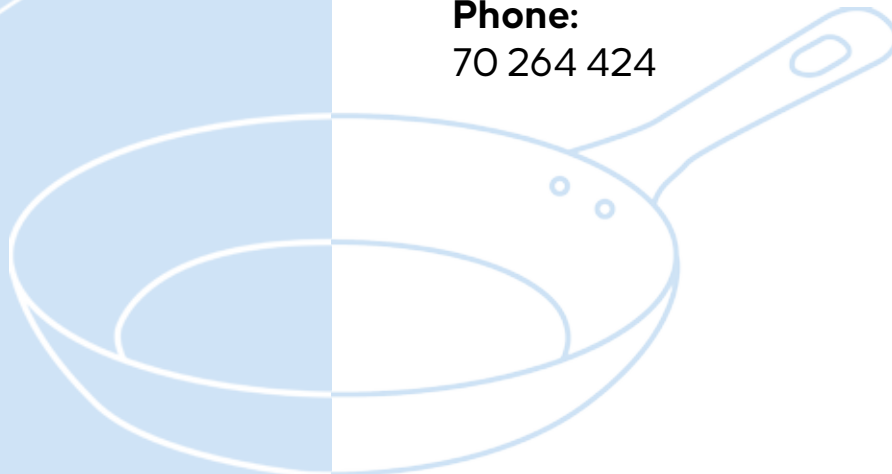
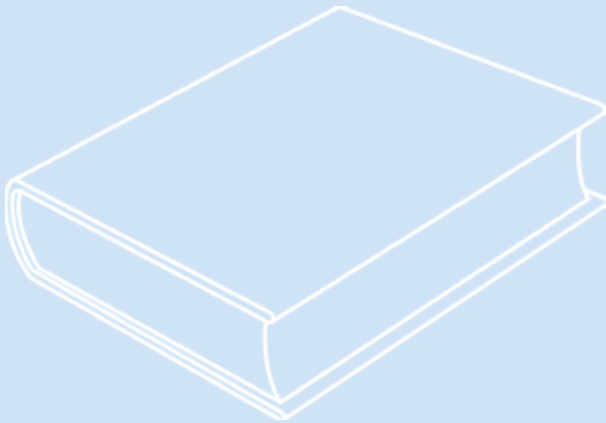
## Hotel Rami

**Jeannette geagea**

Rami Hotel is located at the heart of Falougha, one of the most beautiful Lebanese villages resting at an altitude 1,200 meters above sea level. This iconic property boasts a combination of cultural significance, beautiful nature, and breathtaking views, situated inside the village where you can explore the architecture and culture of this beautiful gem, and surrounded by the majestic mountains of Falougha where you can enjoy a hike among the brilliant smell of the pine trees. During your stay at Rami Hotel, expect to enjoy a calm and peaceful time guaranteed by our exceptional facilities and customer service, as well as indulge in our authentic Lebanese mezze and European cuisine.

Because the best way to explore Lebanon is through its wonderful natural landscapes and iconic villages, Rami Hotel is looking forward to welcome all who want to experience the beauty and exceptional hospitality of Lebanon.

**Phone:**  
70 264 424





## **Bovin collagen and awarma products**

**Petra Kamil Najjar**

Since my husband is an owner of cows farm; i am an agronomist and i love cooking; i am willing to find the potential of meat and bones products; the best way to make these products (stock , broth; collagen and awarma) with the highest and most valuables components.

Bovine collagen is a common collagen source; derived from animals in the bovine family; commonly cows; made from farming by products such as bones; cartilage and hide.

**phone:**

70 535 275



## **J \$ J chocolate**

**Roula Bsaibess**

Indulge your senses with our exquisite chocolate. Step into a world of artisanal delights, where mouthwatering treats are created and will captivate your taste buds. Discover a haven of decadence and pleasure, where every bite brings pure bliss.

**Email:**

bsaibessroula@gmail.com

**Phone:**

81 849 869





## **B&C Soaps**

### **Catherine Tannoury**

Redefine the concept of beauty, crafting exquisite soaps and candles that nurture both your skin and the planet.

**Email:**  
Catherine.tannoury@gmail.com

**Phone:**  
03 544 413



## **Baskinta Catering**

### **Samira Fleyhan Gedeon**

Me and my husband have a catering business together, he's the chef, and I assist him in his work.

We have a big hall that holds 100 people and another smaller hall that holds 30 people, and we have our catering events there.

We also cater for people remotely, and deliver all over Lebanon.

**Email:**  
fleyhansamira@gmail.com

**Phone:**  
76 144 231



