

SOFITEL
WELLNESS
BRUSSELS EUROPE



SILENCE TO YOUR MIND

45 minutes

For those feeling the side effects of stress and a hectic lifestyle this massage can be a perfect ritual. Traditional aromatherapy back massage, fused with head and facial massage using aromatherapy essential oil, will help clear your mind and refocus your thoughts.

- €75

DIVING INTO YOUR SOUL/RITUAL OF ESSENTIALS

90/120 minutes

A deep releasing back massage followed by a full body massage and a mini-facial massage combined with effective relaxation techniques to offer indulgent stress relief.

- €110 / €155

SOUND OF THE SEA / ULTIMATE AROMATHERAPY

60/90 minutes

This amazing treatment releases tension held in the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension, and lymphatic drainage helps encourage a healthy circulation.

- €110 / €155

DEEP TISSUE MASSAGE

60 minutes

This dynamic and deep massage put the whole body on action. The massage is really helpful to relieve muscular tension, brings energy and wellbeing. It is a dynamic the deep tissue massage is undoubtedly a dynamic massage, deep and intense without monotony!

- €95

NECK, BACK & SHOULDERS SEATED MASSAGE

45 minutes

A treatment which is perfect between meetings lunchtime or when you need a quick fix. It is a stress relief on the go. This treatment does not require you to get changed.

- €75

HOT STONE MASSAGE

90 minutes

Hot Stone helps deeper muscle relaxation with the placement of smooth, water-heated stones at key points on the body. The direct heat of the stones relaxes muscles, allowing the therapist access to deeper muscle layers.

- €120

HERBAL STAMP MASSAGE

90 minutes

Herbal stamps are bundles filled with herbs that have cleansing, activating and relaxing. Besides a cleansing treatment for the skin, this is also a very relaxing massage, thanks to the added warmth of the stamps and the wonderful scents that the herbs spread.

- €120

AROMATIC CANDLE MASSAGE

90 minutes

These are special candles purpose-made to deliver the aroma, with low-temperature melting and moisturising qualities. The Aromatic Candle Massage is known to balance the body, mind, and spirit and leave you feeling rejuvenated and positive.

- €110

PEDICURE

90 minutes

A simple treatment that includes foot soaking, foot scrubbing with a pumice stone or foot file, nail clipping, nail shaping, foot and calf massage, moisturizing.

- €90

PARAFFINE THERAPY

30 minutes

Paraffin therapy is one of the spa treatments which bring the most pleasure. Warm paraffin has a curative effect - it is used in the presence of arthritis, eliminates inflammatory processes and unnecessary salts.

- €40

FACIAL TREATMENT

60/90 minutes

Absolut a relaxation time including a gently cleaning - peeling -waxing /eyebrows and moustache / -facemask and at least a great face massage. Extra options are also available as an eyebrow colouring /20 euro/

- €95 / €120

BUTTERFLY BODY PEELING + 30 MIN BACK MASSAGE

60 minutes

Remove the death, old skin by special product, shower, and at least 30 min back massage with moisturizing cream. The hotel can combine it with (45 min. Hammam ticket for extra charge) in this case at arriving the reception has to confirm the validity of the ticket.

- €110

EPILATION

FACE	UPPER BODY	LOWER BODY	INTIM WAXING
Eyebrows - €15	Arms - €20	Bottom - €20	Bikini line - €20
Upperlip - €12	Armpit - €15	Upper legs - €25	Bikini line extra - €25
Cheek - €15	Chest - €20	Lower legs - €25	Brazilian waxing ladies - €35
Chin - €12	Belly - €20	Full legs - €45	Brazilian waxing student discount - €30
	Back ladies - €30		
	Back men - €35		
	Back and shoulders - €45		