



JULIANA
HOTEL - BRUSSELS

SPA MENU



MASSAGE SIGNATURE DEEP TISSUE

Personalized for you, this heated bamboo massage penetrates deeply to reduce inflammation, release tension, and soothe pain. It promotes mobility and speeds up recovery.

Duration 60 min : 185 €

Duration 90 min : 210 €

HOT AND COLD MASSAGE

This massage combines thermotherapy and cryotherapy, with hot stones relaxing the muscles and cold stones soothing and reducing inflammation. A revitalizing and relaxing experience.

Duration 60 min : 205 €

Duration 90 min : 220 €

SWEDISH MASSAGE

Performed with essential oils, this gentle and relaxing massage promotes deep relaxation, improves blood circulation, and relieves muscle tension. It's an ideal method to ease both physical and mental stress.

Duration 60 min : 185 €

Duration 90 min : 210 €



AYURVEDIC TREATMENTS

ABHYANGA MASSAGE

This traditional Ayurvedic massage with warm sesame oil improves circulation, promotes detoxification and lymphatic drainage. It relaxes the muscles, reduces stress, and hydrates the skin, enhancing its radiance.

Duration 60 min : 185 €

Duration 90 min : 210 €

HEAD AND FOOT MASSAGE

This therapeutic massage focuses on the head, neck, and shoulders, followed by a foot massage targeting marma points. It helps alleviate headaches, nervousness, sleep disturbances, and promotes relaxation while improving circulation and restoring the body's energy balance.

Durée 60 min : 185 €

Durée 90 min : 210 €

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Massage Therapy