



MOVE TO BEAUTY  
YOUR PERSONAL BEAUTY COACH



**The Hotel.**  
BRUSSELS



## **THE URBAN SPA & FITNESS**

SAUNA | HAMMAM  
TREATMENT ROOMS  
FITNESS ROOM  
RELAXATION AREA



# MASSAGES

## RELAXING MASSAGE

50 mn 115€ | 80 mn 150€

Unwind with this gentle, indulgent massage using our signature organic oils for an intense sensation of well-being.

## JET LAG MASSAGE

50 mn 115€ | 80 mn 150€

Perfect for weary travellers at any time of day, this massage –focusing on the back, scalp, hands, feet and face– revitalizes and energizes, banishing tiredness and ensuring you are ready to face any challenge.

## OUR RITUAL "LE VOYAGE"

90 mn 170€

Body scrub (25mn) is an essential to start body treatment, the scrubs exfoliate and prepare the skin to maximize the benefits of the massage (50mn).

## DEEP TISSUE MASSAGE

50 mn 115€ | 80 mn 150€

A firm massage, using expert techniques that work on the deep structures of the muscles, leaving you deeply relaxed from head to toe.

## CUSTOM MASSAGE

25 mn 60€

Whether your aim is to de-stress or recharge your batteries, this personalized massage is tailored to your precise needs and wishes. Your therapist will focus on the areas particularly needing attention, from shoulders and back to head or feet.

---

## **CLASSICS**

### **BEAUTIFUL HANDS AND FEET**

30 mn 55€

Manicure / Foot Beauty

### **WAXING**

Information upon request by dialing 50.





## **BIOLOGIQUE RECHERCHE EXPERT CENTER FACE & BODY**

Biologique Recherche methodology is based on over forty years of experience using innovative products and meticulous protocols.

The products are formulated with high concentrations of active ingredients derived from natural or biotechnological compounds and are fragrance-free.

Get customised facial and body treatment after a detailed skin diagnostic and enjoy your personalised skin care program with the unrivalled Biologique Recherche to get stunning results.

---

## **FACIAL TREATMENT**

60 mn 145€ | 90 mn 195€

Personalized facial treatment according to your Skin Instant ©

## **BODY TREATMENT**

45 mn 115€

Soin P50 peau neuve: An exfoliating and regenerating treatment that leaves your skin hydrated and softer.



For any additional information regarding the treatments, please call the spa by dialing 50.

# The Hotel.

BRUSSELS

## HOW TO BOOK

For more information or to book a treatment,  
please call the Spa by dialing 50.  
Appointments available from 11.00 to 20.00  
Open 7/7 according to availability.

## CANCELLATION POLICY

Appointments cancelled less than 24 hours  
in advance will be charged in full.  
The Urban Spa & Fitness is open every day  
from 06.30 until 22.30 for all hotel guests.  
No reservation is required.

---

Spa by Move to Beauty | The Hotel  
Boulevard de Waterloo 38  
1000 Brussels – Belgium  
spa@thehotel.be

Discover our Biologique Recherche products on sale at the spa.

[www.thehotel.be](http://www.thehotel.be)