

Monday - Friday : 10.00 - 21.00 & Saturday 10.00 - 18.00 by appointment

120 min	90 min	60 min	45 min	30 min
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* Includes time for getting undressed and dressed.

Swedish massage	€118	€90	€62	€49	€36
Aromatherapy massage	€120	€92	€64	€51	€38
“Stressed back” massage	€122	€93	€65	€52	€39
Thai massage	€122	€93	€65		
Energetic massage	€122	€93	€65	€52	€39
Sports massage	€122	€93	€65	€52	€39
Plantar reflexology	€124	€95	€67		
Acupressure-massage	€124	€95	€67	€54	€41
Cranial massage	€122	€93	€65	€52	€39
Hot stones massage	€120	€92	€64		
Pregnant woman massage	€118	€90	€62		
Seated massage					€36

Massage at work	price / unit
Seated massage at work of +/- 15 min (min. 8 persons.)	€18,75
Swedish massage at work of +/- 20 min. (min.6 persons.)	€25

RESERVATION

To ensure you get an appointment on the date and time of your preference, please book in advance.

SUNDAYS & BANK HOLIDAYS

For every appointment on a Sunday or any other (Belgian) bank holiday, an additional fee of €10 will be charged, whatever the type or the length of the chosen massage.

FIDELITY CARDS

Become a regular customer and benefit from very good value prices with our fidelity cards.

4 hours massage – 3 month validity = €240

10 hours massage – 12 month validity = €575

CANCELLATION POLICY

Please contact us at least 24h hours in advance if you wish to cancel your booking. If we didn't get your cancellation in time, we will have to ask you to pay 50% of the massage price.

Massage, a great idea for a gift !!!

Ask for our massage gift bags.

Swedish massage

Swedish massage has an invigorating and relaxing effect and uses 5 manual techniques always in the same order (light massage, kneading, friction, 'scissoring', tapping or vibration). This firm and calming massage breaks up the deep tension and invigorates the muscles and joints. Inward strokes towards the heart boost the circulation and relax the body. A complete therapy for body and mind!

Aromatherapy massage

The aromatic and medicinal properties of essential oils also form part of Swedish massage techniques. Salvea Massage guarantees 100% natural, pure essential oils. The aromatherapy massage can enhance different beneficial effects, depending on the essential oils used. In all our massages we combine the three synergies:

1. Relaxing
2. Circulatory and draining
3. Invigorating

« Stressed back » massage

This is the massage for you if you're part of the 50% of the working population suffering from back or headache. Combining Swedish and Thai massage techniques, and using the aromatic and medicinal properties of essential oils, the « stressed back » massage concentrates on the back, shoulder and neck to ease fatigue and back pain and loosen up the spine and give it back its suppleness.

Thai massage

The Thai massage method is based on repeatedly applying pressure to loosen up joints, stretching and gentle sweeping movements. Stimulating specific points of the body, trigger local or general reactions that balance the vital functions of the body. This therapeutic massage helps breathing by stimulating oxygen exchange, facilitates the elimination of toxins and relaxes muscles.

Energetic massage

A body tells the story of the soul that inhabits it. No boundary does separate the body from the energy, the energy from the spirit, the spirit from the universe. Energetic massage is based on a global/ holistic approach of the individual, and aims to meet the needs of the being. The purpose of this massage is to increase the vital energy while releasing tensions, mental, emotional or spiritual blockages. It's a very soft and relaxing massage which works on the Chakras (Indian tradition) and on the meridian lines (Chinese tradition). A real trip in yourself !



Sports massage

As its name suggests, the sports massage is mainly intended for serious sportsmen/women or people with a tendency to develop muscle tension or sport-related tendon injuries. The sports massage consists of Swedish massage techniques together with vigorous stretching exercises and pressure to deep tissue.

Plantar reflexology

Foot reflexology is an energetic approach that aims to mobilize the body's self-healing process by massaging reflex zones and points. The session starts with a relaxing massage on each foot that is followed by deep pressure work. The deep relaxation generated by a reflexology treatment allows the body to let go and to react positively in the face of different external aggressions. After a session, one generally feels in great shape and experiences a profound feeling of well being.

Acupressure massage

When we feel a muscle is taut, we instinctively press on the affected area and the muscle relaxes. This is the basic principle of acupressure. This simple but effective technique has a beneficial effect on a range of different well-known physical ailments: headaches, dizziness, muscle tension, constipation, etc. Like all forms of massage, acupressure also acts on your emotional and mental state.

Hot stones massage

This massage brings warmth to the deepest muscle level, thereby causing muscle relaxation, the drainage and elimination of toxins and thereby improving and calming the nervous system. It is ideal to alleviate muscular pain, stiffness and the "winter cold". This massage allows you to ground yourself, while harmonising your body and spirit. With this massage, discover the softness of the stones and let yourself be filled with their warmth.

Pregnant woman massage

A massage offers the future mother a moment of stillness and serenity that she can share with her baby. Practiced in a comfortable side position, this massage can release tense muscles and cramps linked to the increase of bodily weight during pregnancy and can relieve lower back tensions, as well as in the neck, legs. It also amplifies the respiration, softens the skin and the muscular system.

Cranial massage

Having your head massaged benefits the whole body. When nerve endings in the head are stimulated, it helps relax muscles throughout the body, improve blood circulation and boost the flow of oxygen to the brain, bringing about a sense of peace and quiet. This type of massage relieves headaches and pain caused by eye or sinus problems. It has also been shown to aid concentration and sleep. Cranial massage is perfect for people who want to clear their minds and find themselves in their bodies.

Wellness and Health