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## TIME TO RELAX

RENAISSANCE®  
BRUSSELS HOTEL

### IT'S TIME TO RELAX

Unwind after a busy day of discovery or simply treat yourself with a well-deserved Me time. Discover our exclusive massages:

#### SOFT TISSUE

A relaxing massage using soft kneading and light pressure to better trigger the para-sympathetic responses.

#### MEDIUM PRESSURE

A fluid massage using hands and arms with sweet almond oil to feel relaxed and invigorated.

#### DEEP TISSUE

A flowing and penetrating massage combining essential oils, sports massage, acupressure and neuro-lymphatic reflexology.

#### BOOK NOW

Via email at [message@worldclassfitness.be](mailto:message@worldclassfitness.be) or online here.