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## Massage

*Massage is the practice of soft tissue manipulation with physical, functional, and in some cases psychological purposes and goals. The word comes from the French massage "friction of kneading," or from Arabic massa meaning "to touch, feel or handle" or from Latin massa meaning "mass, dough". (In distinction the ancient Greek word for massage was anatripsiis, and the Latin was frictio). An older etymology may even have been the Hebrew me-sakj "to anoint with oil".*

*Massage involves acting on and manipulating the client's body with pressure (structured, unstructured, stationary, and/or moving), tension, motion, or vibration done manually or with mechanical aids. Target tissues may include muscles, tendons, ligaments, skin, joints, or other connective tissue, as well as lymphatic vessels, and/or organs of the gastrointestinal system. Massage can be applied with the hands, fingers, elbows, forearm, and feet.*

*There are over eighty different massage modalities. The most cited reasons for introducing massage have been client demand and perceived clinical effectiveness.*



Siam Massage & Spa  
Terhulpensesteenweg 589  
3090 Overijse  
Belgium

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## Siam Massage & Spa

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*Massage is an art of Wellness.*

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# Definition of Massage

Massage: The manipulation of muscle and connective tissue to enhance the function of those tissues and promote relaxation and well-being. Therapeutic massage can ease tension and reduce pain. Massage can be a part of physical therapy or practiced on its own. It can also be highly effective for reducing the symptoms of arthritis, back pain, carpal tunnel syndrome, and other disorders of the muscles and/or nervous system.



## Price List

Every Massage or Treatment includes a relaxing drink after.

### Massage

#### Swedish massage or Oil Massage

1 hour	30,00 €
2 hour	55,00 €

Include description if necessary.

#### Aroma Massage

1 hour	30,00 €
2 hour	55,00 €

Massage with 1 of the following oils : Fragrance Free,

Wellbeing, Refreshing or Siam Herbal

#### Face Massage

45 min	30,00 €
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Include description if necessary.

#### Feet Massage

1 hour	30,00 €
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Include description if necessary.

#### Hot Stone Massage

1 hour	30,00 €
2 hour	55,00 €

Include description if necessary.

#### Spa Hand Massage

30,00 €

Include : Cutting nails, Cleaning hands, Massage hands.

#### Spa Feet Massage

30,00 €

Include : Cutting nails, Cleaning feets, Massage feets.

#### Thai Massage

1 hour	30,00 €
2 hour	55,00 €

Include description if necessary.

### Gift coupon

For every massage is it possible to buy a Gift coupon.

## Beauty

### Cut nail and cleaning nail

15,00 €

### Painting nails ( 1 colour )

20,00 €

Include : Cutting Nails and cleaning nails, putting 1 colour on the nails.

### Art Nails

#### Starting from

15,00 €

Include : Painting on the nails ( Choose from drawings )

### PVC nails ( Artificial Nails with paintings )

45,00 €

Include : 10 artificial Nails with painting you choose from a list.

### Acrylic Nails

45,00 €

### After care for Acrylic Nails

20,00 €

### Remove PVC or Acrylic Nails after

35,00 €

Include : Cutting Nails and cleaning nails,

Call for appointment  
Appointment possible on  
Monday until 18:30  
Saturday all day  
Sunday until 16:30