Spa Menu

NESCENS SIGNATURE MASSAGES

Developed in conjunction with the scientific committee of Nescens, these unique, high-end treatments are specifically tailored and implemented by our team of multi-disciplinary specialists. They embody a philosophy of prevention dedicated to optimizing each individual's quality of life. To be better to live longer...

Better-aging massage
Detoxifying, exfoliating and draining: this exclusive massage targets all muscle and energy routes, concentrating mainly on your most sensitive areas as part of a long-term preventive approach. This results in long-lasting relaxation. Nescens has made use of a smart drainage device that stimulates lead them, this massage releases blockages and eases tension.

50min 75 CHF
80min 105 CHF

Nescens Body Care Cosmoceutical Treatment Feeling/Massage
Feeling Cell Treatment – Treats established wrinkles, firms the skin, restoring a glowing, smooth complexion. Feeling Massage – Relaxes the muscles and tissues. This treatment provides a deep renovation of the upper layers of the epidermis for an immediate smoothing effect. Through the boosting of cell recapitalization, the skin is renewed and firmer.

50min 75 CHF
80min 105 CHF

De-stressing massage
With its gentle pressing motion combined with targeted stretching, this therapeutic massage provides both physical and mental relaxation. It releases accumulated tension caused by daily routines that are often intense and stressful, freeing the body from abdominal discomfort. This treatment also improves quality of sleep, the capacity to recover from jet lag as well as the ability to relax. The 50 min and 80 min treatments include key stretching phases for total relaxation.

50min 75 CHF
80min 105 CHF

Sports massage
Our sports massage assisting aches and soreness due to the release of lactic acid, while preparing muscles damage and soothes muscle pain. This massage promotes blood circulation and oxygen transport to the muscles involved in physical exercise. This combines guarantees you a better recovery and significantly improved performance.

50min 75 CHF
80min 105 CHF

CLASSIC MASSAGES

Partial body massage

30min 50 CHF

Pregnancy massage
as of week 13

50min 85 CHF
80min 285 CHF

WELLNESS COMPACT

MCP Signature Alpine Treatment
Relaxing cryotherapy in our bath suite
●Pine pestar bath accompanied by a sparkling glass of Michel Reuther champagne
●Foot pestar oil massage for two, delightfully scented relaxation

80min for 2 persons 480 CHF

MASSAGES AS A WELL-BEING RITUAL

Hot Stone massage
A balancing, harmonizing and circulation-enhancing massage with hot basalt stones. The application and massage with warm stones releases deep-seated muscle tension and activates the flow of energy.

80min 250 CHF

Head massage with ear candles
Various precious essences in combination with conventional massage techniques release tension in the head and neck area. Followed by ear candle treatment for a calming, cleansing and stress-relieving effect.

50min 75 CHF

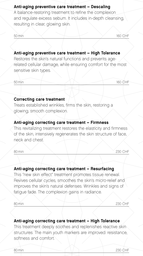
Reflexology
Stimulation of pressure on the feet, with relaxing and balancing effects on the whole body.

60min 75 CHF

BODY PEELINGS

Nescens Sequential Peeling

25 min 55 CHF



NESCENS FACIAL COSMECEUTICAL TREATMENTS

Preventive care treatments
Maintains the hydrophilic balance, smoothes the first expression lines and preserves the skin's radiance

Anti-aging preventive care treatment – Moisturizing
The treatment intensely hydrates face and neck while restoring the skin's natural moisturizing factors. It helps keep the skin's youthful appearance.

50min 90 CHF

Anti-aging preventive care treatment – Decaling
A balance-restoring treatment to refine the complexion and regulate excess sebum. It includes in-depth cleansing resulting in clear, glowing skin.

50min 90 CHF

Anti-aging preventive care treatment – High Tolerance
Soothes and calms the skin, improves its tolerance and prevents future skin damage. This anti-aging cream, while ensuring comfort for the most sensitive skin types.

50min 90 CHF

Anti-aging preventive care treatment – Firmness
Tones and strengthens the skin, improves the elasticity and firmness of the skin, intensively regenerates the skin structure of face, neck and chest

60min 230 CHF

Anti-aging correcting care treatment – Resurfacing
Has been an effect "Retinol" treatment without the Retinol. Reviews cellular cycles, smoothes the skin's micro-relief and improves the skin's natural defenses. Wrinkles and signs of fatigue fade. The complexion gains in radiance.

60min 230 CHF

Anti-aging correcting care treatment – Lift
A balance-restoring treatment to refine the complexion and regulate excess sebum. It includes in-depth cleansing resulting in clear, glowing skin.

60min 230 CHF

Anti-aging correcting care treatment – Premium
Contains the most sophisticated formulations and targeted movements are the main focus of this treatment, combining luxury effectiveness and absolute comfort. This exceptional treatment induces a sense of deep relaxation during a targeted back massaging massage, which is followed by an anti-aging correcting care facial treatment.

60min 280 CHF

Nescens anti-aging corrective care treatment
Eye contour – Renovating
Nescens research has brought together 32 active ingredients in an original gel mask. Its texture is carefully worked by means of targeted smoothing and draining operations designed to treat the fragile eye contour tissues. Signs of aging are gradually diminished, dark circles, bags, wrinkles are attenuated. The gaze is lit up with a youthful glow.

50min 55 CHF

CARED FOR FROM HEAD TO TOE

A view to beauty

Eyebrow tinting	CHF 35
Eyelash tinting	CHF 35
Eyebrow and eyelash tinting	CHF 55
Eyebrow shaping	CHF 35

Hair removal with hot wax

Nescens	CHF 40
Bikini classic	CHF 60
Bikini brazil	CHF 80
Bikini complete	CHF 95
Half leg	CHF 60
Full leg	CHF 90
Underarm	CHF 35
Back (Men)	CHF 90

Classic manicure or pedicure

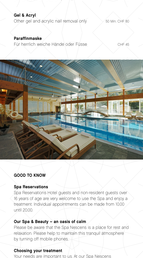
Classic manicure (hand care, filing, removing cuticles, massage	50 min. CHF 100
With CIR nail varnish	CHF 120
Express Manicure for Men	25 min. CHF 45

OPI Gel Lack

OPI Gelback Removal + Manicure or Pedicure + New Application	80 min. CHF 160
OPI Gelback Removal Only	CHF 60

Gel & Acryl
Other gel and acrylic nail removal only 50 min. CHF 80

Paraffinmaske
Für trockn. weiche Hände oder Füsse CHF 45



GOOD TO KNOW

Spa Reservations
Spa Reservations note guests and non-resident guests over 16 years of age are welcome to use the Spa and pay the treatment. Individual appointments can be made from 10:00 until 20:00.

Our Spa & Beauty – an oasis of calm
Please be aware that the Spa Nescens is a place for rest and relaxation. Please help to maintain this tranquil atmosphere by turning off mobile phones.

Choosing your treatment
Your needs are important to us. At our Spa Nescens reception.
We will advise you, and help you to find the best treatment for you. Please allow approximately 30 minutes for your appointment.
Our spa offers a wide range of treatments at the Spa Nescens. Sun shower, whirlpools and swimming pool prior to your appointment.
External guests Sign in at the Spa Nescens reception 10 minutes before your appointment in order to use our facilities, such as the saunas and to receive a bathrobe and slippers is good to.

After the treatment
Visit our relaxation room in the wellness area or withdraw from the bustle of your hotel room. You can round your treatment with a cup of our tea at the Spa reception area

Health
Illnesses can affect spa treatments. Non-resident guests inform us of any health problems (cardiovascular disease, diabetes, blood pressure problems, allergies, accidents, etc.) when booking their treatment. Our therapists will then advise you whether or of pregnancy, so that we can recommend treatments that are particularly suitable for you during this time.

Spa voucher and beauty home care
Our Spa vouchers are a wonderful gift idea for many occasions. We offer all care products for sale, so that you can recreate the Spa Nescens experience at home. Our team will be happy to assist you.