nescens®
Natural Skin Care

MONT CLAIRE PALACE
Spa & Wellness

# Menu Spa

To optimize your experience, 30% discount on every treatments
Discount valid for **30%** discount on every treatments
between 11 am & 3pm for treatments lasting minimum 60 minutes

## NEW WINTER RITUALS

### Muscular & Restorative Massage

Developed by the experts at Clinique Nescens, the Muscular and Restorative Massage is the ideal way to recover after a sport session. Intense tension caused by your profession or indulge in a moment of memorable relaxation. Combining the power of massage with the power of powerful, as technical as they are emotional, and consider the whole body, this massage, including an invitation to let go and experience a precious moment of comfort.

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| 60min | 20% OFF from 10am - 3pm | 98 CHF |
| 90min | | 128 CHF |

### Instant Rejuvenation Ritual by Nescens (1h20)

This innovative treatment begins with the Nescens Double Cleanse, a deep skin renewal protocol. Nescens is the moment of repair with the application of the bio-identical Nescens Cellular Complex, a concentrated blend of 12 of the products. A cocktail of powerful ingredients to boost skin regeneration and elasticity is then diffused by meso-massage, which gives an immediate and immediate visible results. The complexion glows, skin texture is smoothed, and the face is plumped.

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| 90min | | 280 CHF |

### Nano-generation facial moisturizer by Nescens

A revolutionary hydration treatment combining Nescens double cleansing and the application of our exclusive multitasking moisturizer, Nano-Gen Cream. Nano-Gen Cream is a ritual boosted by the meso-aesthetic diffusion of an exclusive complex of hyaluronic acids that deeply boosts the hydration level. Skin tones are smoothed, the face is plumped and radiantly fresh.

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| 60min | | 180 CHF |

### Intense Repair Experience for Face & Back

The opportunity to enjoy a magnificent moment of Nescens comfort, dedicated to body and face. Starting with an enveloping, restorative back massage, tensions are released and the skin is confirmed with the cold, wind and intense sun exposure on the skin. Finally, the experience continues with the Prevention Hauteur facial treatment to regenerate the skin and provide the skin with a hydrating bath. A wonderful moment that perfectly combines comfort and skin beauty.

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| 90min | | 298 CHF |

### THE EXPERT RITUALS (add-on 30 min / 140 CHF)
**(The expert rituals can be ranked alone or as a treatment)**

### Hydramoc Acid shot

Your treatment ritual or massage with the expert ritual that includes a deep cleansing of the skin and the diffusion of an exclusive hydramoc acid complex. Let the serenity of the day melt away for an immediate radiance boost and long-lasting hydration.

### Going back in time

Your treatment ritual or massage by extending it with this anti-aging treatment by Nescens. Once your face has been perfectly prepared, the diffusion of an exclusive anti-aging complex with peptides and vitamins provides an immediate transformation, a tertiled increase in elasticity and a long-lasting improvement in the quality of the skin texture, which, if repeated regularly, proves even more effective.

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| 60min | | 98 CHF |
| 90min | | 128 CHF |

## NESCENS SIGNATURE MASSAGES

Developed in conjunction with the scientific committees of Nescens, these massages are based on ancient techniques and have implemented by our team of multi-disciplinary specialists. They embody a philosophy of prevention dedice not to optimizing each individual's quality of life. To live better to live longer.

### Anti-aging massage

Detoxifying, stimulating and draining, this exclusive massage is a true anti-aging treatment. Gentle and rhythmic, mainly on your most sensitive areas as part of a long-term preventive approach. This results in long-lasting relaxation combined with the use of a high-quality anti-aging serum. Nescens Cellular Complex, massage releases blockages and lymph stagnation.

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| 60min | 20% OFF from 10am - 3pm | 98 CHF |
| 90min | | 128 CHF |

### Nescens Body Care Cosmeceutical Treatment Feeling/Massage

Feel the Nescens treatment – Treats established wrinkles. Since the skin, restoring a growing smooth complexion. Anti-aging cosmetics body care treatment – firmness. This treatment stimulates a deep revocation of the upper layers of the epidermis for an immediate smoothing effect. Although the boosting of cell regeneration the skin is firmed and regains its firmness.

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| 90min | | 298 CHF |

### De-stressing massage

With its gentle pressing motion combined with targeted massage, this treatment is ideal for relaxation, physical and mental relaxation. It releases accumulated tension that has caused by daily routines that are often intense and stressful, thereby bringing back the natural equilibrium. This treatment also improves quality of sleep, the capacity to recover from stress, as well as the ability to focus and concentrate. This treatment includes the instinctive pressure for total relaxation.

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| 60min | 20% OFF from 10am - 3pm | 98 CHF |
| 90min | | 128 CHF |

## CLASSIC MASSAGES

### Partial massage

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| 30min | 78 CHF |

### Mother to go

as of week 13

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| 60min | 20% OFF from 10am - 3pm | 98 CHF |
| 90min | | 128 CHF |

## 2 COUPLE EXPERIENCE

### Romantic Experience at the Summit

Enjoy a romantic moment for two at Sommet Sommet Tea. Instead to immerse yourself in a warm bath enhanced by a glass of Michel Redaprier Champagne, the experience continues with a 50-minutes restorative massage, where everyone can share a gentle moment of letting go.

### Nescens Pearl Experience

Enjoy the invigorating Nescens scrub ritual for two before relaxing your senses in the hammam and continuing with the Dreamscape massage. A unique experience to release tension and relaxation everyone.

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| 90min | | 480 CHF |

## MASSAGES AS A WELL-BEING RITUAL

### Hot Stone massage

Hot stones for relaxing 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.

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| 90min | | 380 CHF |

### Reflexology

Acupressure points on the feet, with relaxing and balancing effects on the whole body.

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| 60min | 20% OFF from 10am - 3pm | 98 CHF |

## BODY FEELINGS

### Nescens Sequential Peeling

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| 60min | 118 CHF |

## NESCENS FACIAL COSMEOCEUTICAL 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

Nescens Moisturizing treatment boosts the skin's antioxidant and restoring the skin's natural moisturizing factors. It helps keep the skin's youthful appearance

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| 60min | 20% OFF from 10am - 3pm | 98 CHF |

### Anti-aging preventive care treatment – Decazing

A Glycolic peeling treatment to refine the skin's texture and regulate excess sebum. It includes in-depth cleansing, leaving no deep growing lines.

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| 60min | 20% OFF from 10am - 3pm | 98 CHF |

### Anti-aging preventive care treatment – High Tolerance

Minimizes the skin's natural sensitivity and prevents upper related cellular damage, while ensuring comfort for the most sensitive skin types.

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| 60min | 20% OFF from 10am - 3pm | 98 CHF |

### Correcting care treatment

Treats established wrinkles, firms the skin, restoring a growing smooth complexion.

### Anti-aging correcting care treatment – Firmness

Deep revocation of the upper layers of the epidermis for an immediate effect. Although the skin's boosting regenerates the skin's structure of face, neck and chest.

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| 60min | | 240 CHF |

### Anti-aging correcting care treatment – Resurfacing

Nescens Cellular Complex, a concentrated blend of 12 products. Nescens cellular cocktail smoothes the skin's micro-relief and improves the skin's natural defenses. Wrinkles and signs of ageing fade. The complexion gains in radiance.

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| 90min | | 240 CHF |

### Anti-aging correcting care treatment – High Tolerance

This treatment deeply soothes and replenishes, reactive skin. Wrinkles and fine skin markers are improved, resistance, softness and comfort.

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| 90min | | 240 CHF |

### Repairing care treatment

Offers a comprehensive anti-aging strategy, combining performance and well-being.

### Intense Repair Experience for Face & Back

The opportunity to enjoy a magnificent moment of Nescens comfort, dedicated to body and face.
Starting with an enveloping, restorative back massage, tensions are released and the face begins to loosen up. Its the skin is confirmed with the cold, wind and intense sun exposure on the skin. Finally, the experience continues with the Prevention Hauteur facial treatment to regenerate the skin. Nescens to provide the skin with a hydrating bath. A wonderful moment that perfectly combines comfort and skin beauty.

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| 90min | | 298 CHF |

### Nescens anti-aging corrective care treatment
**Eye contour – Decazing**

Nescens revolutionary blend of 12 cognitive 20 active ingredients in an original gel mask. Its texture is carefully worked by Nescens laboratories to be light and fast absorbing. It is signed to heal the regular eye contour issues: signs of ageing and signs of advancing age (dark circles, bags, wrinkles) are mitigated. The gaze is lit up with a youthful glow.

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| 30min | | 118 CHF |

## CARED FOR FROM HEAD TO TOE

### Hair removal with hot wax

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| Back (half) | CHF 65 |
| Back (full) | CHF 90 |
| Bikini complete | CHF 75 |
| Half leg | CHF 75 |
| Full leg | CHF 110 |
| Half arm | CHF 45 |
| Back Bikini | CHF 95 |

### Classic manicure or pedicure

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| Hand or foot bath, nail filing, massaging cuticles, massage | 50 min. CHF 75 |
| With CPI nail varnish | CHF 145 |
| Express Manicure for Men | 25 min. CHF 45 |

### Shellac

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| Shellac removal + Manicure or Pedicure + New Manicure | 90 min. CHF 175 |
| Shellac Removal Only | CHF 60 |

### Paraffin mask

For extremely soft hands or feet

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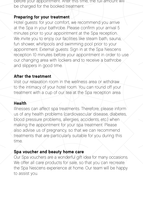
| | 30 min. CHF 30 |



## GOOD TO KNOW

### Spa Reservations

Spa Reservations more guests and non-resident guests over 16 years of age are welcome to use the Spa and enjoy a treatment. Indoor appointments can be made from 10:00 to 21:00 daily.

### Our Spa & Beauty – an oasis of calm

Our Spa & Beauty Oasis of Calm Wellness is a place for rest and therapy. Please turn your mobile phones into tranquil atmosphere by turning off mobile phones.

### Choosing your treatment

Please arrive at least 15 min. At our Spa Reception, we will advise you and help you find the best treatment for you. We are looking forward to creating your own personal spa programme.

### Delays / Cancellations / No-Shows

We ask you to understand that your treatment time will be shortened if you arrive late. Treatments and promptly so that we can start your treatment on time. We kindly request 24 hours cancellation prior return us at the latest by 7 pm the day before your appointment. After this time, the full amount will be charged for the booked treatment.

### Preparing for your treatment

Under guidance our contract we recommend you arrive at the Spa in your bathrobe. Please confirm your arrival 5 minutes before your treatment at the Spa Reception. While you to enjoy our facilities, the steam bath, saunas, fun shower, whirlpools and swimming pool prior to your appointment. Everyone guests Sign in at the Spa Nescens reception 10 minutes before your appointment in order to use our Spa facilities. Please change and to receive a bathrobe and slippers at reception.

### After the treatment

Visit our relaxation room in the wellness area or withdraw to your room to continue your rest. We recommend after treatment with a cup of our best at the Spa reception area.

### Health

Illnesses can affect spa treatments. Therefore, please inform us of any health problems (cardiovascular disease, diabetes, blood pressure problems, allergies, accidents, etc) when making the appointment for your spa treatment. Please consult your doctor if in doubt as to whether a particular treatment or massage is inappropriate and particularly suitable for you during this time.

### Spa rituals and beauty treatment

Our Spa & Beauty Treatments are suitable for many occasions, like: after an intensive day for celebrations, or for relaxation. We recommend the Spa Nescens experience at home. Our team will be happy to advise you.