

SPA MENU

NESCENS
SWITZERLAND

M O N T C E R V I N P A L A C E

CONTENTS

High Performance Cosmeceuticals	6
Summer 2025: Exclusive Treatments	9
Expert Facial Rituals	10
Skincare Boosters	13
Nescens Massages	14
Specific Massages	17
Body Treatments	18
Beauty Studio	21
Nescens Spa Days at Mont Cervin Palace	22
One Day, One Nescens Break	25
Fitness	26
The Mont Cervin Palace Club	28
Clinique Nescens	30
General Information	33



NESCENS SPA AT MONT CERVIN PALACE

The exceptional environment of the Spa Nescens of Mont Cervin Palace promotes a profound, sometimes long-forgotten sense of well-being. The sight of the Mont Cervin, the pure and invigorating mountain air, the surreal beauty of the location, the omnipresence of nature: all the essential elements are united to enable you to savor an almost organic form of happiness, and to feel yourself entirely in tune with the world. Another world...

Allow yourself to drift away on a tide of sensations and to be revitalized from within, gently and at your own pace. As you revel in the pleasure of at last fully experiencing the moment in hand, you are in fact preparing for the future...

Whether you wish to simply let yourself go and experience deep relaxation, recapture a slender, toned figure, or recover your natural dynamism, the Spa Nescens of Mont Cervin Palace invites you to discover a selection of treatments and programs stemming from the latest advances in the field of health, fitness and aesthetics.

All the treatments and programs are personalized and dispensed by Nescens expertes team of therapists.

HIGH PERFORMANCE COSMECEUTICALS

UNIQUE EXPERTISE

With optimal wellbeing and letting go at the heart of our philosophy, the Spa Nescens strives to offer every guest an experience to remember. Discover a unique, idyllic setting to reinvent yourself, taking a holistic pause that brings together technical expertise and unique made-to-measure treatments.. Enjoy a memorable experience and high-performance treatments with the proven Nescens cosmeceuticals.

NESCENS COSMECEUTICAL TREATMENTS

Formulated under the aegis of Professor Jacques Proust, Nescens products offer a rejuvenating approach to aging beautifully. Each preparation contains ingredients that have been carefully selected for their scientific backing. To achieve maximum effectiveness, these active ingredients are incorporated at optimal concentrations.





SUMMER 2025: EXCLUSIVE TREATMENTS

POST-HIKE RITUAL

A deeply regenerating and soothing body treatment, perfect after a day spent exploring Zermatt's breathtaking landscapes. Your journey to relaxation begins with a targeted back and leg massage, easing tension and promoting muscle recovery. This is followed by a revitalizing pulsotherapy session paired with a Cryo gel wrap, stimulating the lymphatic system, relieving heavy legs, and flushing out toxins. Through expert, deep-reaching techniques, this signature Nescens ritual restores lightness and radiance to your body.

1h: 200 CHF

SUMMER DETOX TREATMENT

The perfect way to restore your natural glow! A refreshing facial paired with an energizing leg ritual designed to awaken your skin's natural vitality. This treatment blends the draining power of pulsotherapy with the rejuvenating, plumping movements of the Nescens facial. It promotes circulation, detoxifies, and leaves your complexion luminous and lifted, offering a true breath of fresh air for your skin and body.

1h: 220 CHF

BETTER-AGING BODY MASSAGE

This detoxifying, stimulating and draining 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. This massage releases blockages and eases tension, while activating cell regeneration and stimulating skin oxygenation as well as muscle tone.

50 min: 185 CHF

80 min: 255 CHF

RE NESCEMS TREATMENT

A revitalizing, replenishing treatment that restores skin elasticity and firmness, intensely regenerating skin structures on the face, neck and chest. The double cleansing combined with the Keratolytic complex has a powerful renewing effect on tissues, which then benefit from the lipid-replenishing and firming active ingredients in Nescens products. The lifting and remodeling massage at the heart of this ritual gives skin renewed youthfulness.

1h30: 285 CHF

EXPERT FACIAL RITUALS

High-performance treatment protocols enhanced by efficacy-boosting solutions combining meso-aesthetics, rejuvenating massages, and specialized accessories to elevate the skin.

NESCENS CELLULAR REJUVENATION RITUAL

An exceptional treatment dedicated to enhancing the skin, plumping it up and reshaping facial contours. Starting with the Nescens Double Cleanse, a deep skin renewal protocol, pores are tightened and the complexion regains its glow. This is followed by a restorative moment with the application of a bio-identical reconstituting mask, massaged in to optimize the penetration of active ingredients. A cocktail of powerful components to boost skin regeneration and elasticity is then diffused by meso-aesthetics, promising instant visible results.

80 min: 275 CHF

RE NESCENS TREATMENT

A revitalizing, replenishing treatment that restores skin elasticity and firmness, intensely regenerating skin structures on the face, neck and chest. The double cleansing combined with the Keratolytic complex has a powerful renewing effect on tissues, which then benefit from the lipid-replenishing and firming active ingredients in Nescens products. The lifting and remodeling massage at the heart of this ritual gives skin renewed youthfulness.

80 min: 255 CHF

DETOX TREATMENT

A rebalancing treatment dedicated to refining skin texture and regulating excess sebum. It includes deep cleansing, a soothing drainage massage to reduce inflammation and the application of the bio-identical Nescens reconstituting mask. The result is clear, luminous and soothed skin.

50 min: 185 CHF

BETTER-AGING FACIAL TREATMENT

A five-step facial ritual combining skin cleansing, muscular preparation, drainage movements, powerful facial lifting and accessories to boost collagen production. Skin is firmed, wrinkles reduced and a glowing complexion results. In the 1h30 option, the treatment begins with a Better-Aging Body Ritual back massage, offering a holistic moment of repair and rejuvenation.

50 min: 195 CHF

80 min: 265 CHF

REPAIRING AND MOISTURIZING TREATMENT

A treatment that soothes and deeply regenerates reactive skin structures. Thanks to a protocol combining gentle cleansing, regenerating massage and a Nescens lipid-replenishing face mask, the Repairing and Moisturizing treatment soothes even the most sensitive epidermis, boosting the skin's natural functions and the main markers of youthfulness. During the 80 minutes option, skin regains resilience, softness and comfort, the facial massage is extended and the mask is accompanied by a foot and hand massage.

50 min: 185 CHF

80 min: 255 CHF





SKINCARE BOOSTERS

Skincare Boosters are short protocols designed to complement a treatment or massage while substantially increasing the effectiveness of Nescens treatments.

HYALURONIC ACID SHOT

Performed alone, after a treatment or massage, this expert ritual includes a deep cleansing of the skin and the diffusion of an exclusive hyaluronic acid complex by meso-aesthetics. Ideal for replenishing the skin after sunny days of skiing in Zermatt.

30 min: 130 CHF

YOUTH ELIXIR

Rethink your treatment or massage by extending it with this new anti-aging solution from Nescens. Once your face is perfectly prepared, an exclusive anti-aging complex of peptides and vitamins applied to your skin brings an immediate transformation, enhanced elasticity and firmness, and incomparable radiance.

30 min: 130 CHF

EXPERT RITUAL FACE

An expert ritual to prolong a body massage and enjoy exceptional results in a very short time, thanks to Nescens expertise. The Keratolytic complex applied after cleansing instantly smooths skin and tightens pores. Finally, a targeted facial massage with lifting and reshaping movements enhances skin radiance and firmness, making signs of fatigue disappear.

30 min: 130 CHF

EYE CONTOUR RENEWAL TREATMENT

A ritual dedicated to enhancing the beauty of the eyes with a massage featuring smoothing, drainage and lifting movements. The treatment continues with the application of a rejuvenating gel mask, massaged into the eye contour area. Its 30 active ingredients erase signs of fatigue and restore youthfulness to the eyes.

30 min: 130 CHF

NESCENS MASSES

Elaborated, tested and implemented by our team of multi-disciplinary specialists, our signature treatments embody a philosophy of prevention dedicated to optimizing each individual's quality of life. To live better for longer...

MUSCLE AND REPAIR MASSAGE

Developed by the experts at Clinique Nescens, this is the ideal way to recuperate after a sports session, relieve tension caused by poor posture or indulge in a moment of memorable relaxation. Its powerful overall movements, both technical and all-encompassing, involve the entire body, making this massage a not-to-be-missed opportunity to let go while experiencing a precious moment of comfort.

50 min: 195 CHF

80 min: 265 CHF

BETTER-AGING BODY MASSAGE

This detoxifying, stimulating and draining 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. This massage releases blockages and eases tension, while activating cell regeneration and stimulating skin oxygenation as well as muscle tone.

50 min: 185 CHF

80 min: 255 CHF

DESTRESSING MASSAGE

Using firm yet gentle movements, this therapeutic massage procures physical and mental relaxation. It soothes accumulated tensions due to an often intense and stressful daily pace. This treatment improves the quality of sleep, the ability to recover from jet-lag as well the capacity for unwinding.

50 min: 185 CHF

80 min: 255 CHF





SPECIFIC MASSAGES

FOCUS MASSAGE

Focusing on the head, feet, back or legs, the targeted massage is the ideal precursor to a Nescens facial treatment or simply for enjoying a moment of total relaxation after a long day.

30 min: 120 CHF

FOOT REFLEXOLOGY

Massage and stimulation of specific reflex points of the feet, accompanied by a scalp massage. Reflexology reduces stress, improves circulation, soothes body tension, enhances relaxation.

50 min: 185 CHF

HOT STONE MASSAGE

A balancing, harmonising 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.

80 min: 255 CHF

PRE-NATAL TREATMENT

From the third month of pregnancy to eight months.

This preventive massage combines a soft and relaxing touch as well as treatment of body tissues. A specific protocol is followed to limit the production of cellulite due to hormonal changes, through manual and mechanical massage focused on the lower part of the body. This treatment also includes therapeutic techniques to destress sensitive zones and frequently painful areas such as the back, neck, shoulders and feet.

50 min: 185 CHF

80 min: 255 CHF

BODY TREATMENTS

SCRUBS

A wide choice of different sweet and savory scrubs for a gentle, revitalizing effect. The application of a nourishing Nescens oil of your choice completes the 50-minute treatment.

30 min: 115 CHF

50 min: 185 CHF

80 min: 255 CHF

ROMANTIC ESCAPE FOR 2

Enjoy an enchanted interlude in a Suite for Two. Invited to immerse yourself in a warm bath enhanced by a glass of Michel Reybier Champagne, the experience continues with a 50-minutes restorative massage, where everyone can share a gentle moment of letting go.

80 min: 480 CHF

SUMMER DETOX TREATMENT

The perfect way to restore your natural glow! A refreshing facial paired with an energizing leg ritual designed to awaken your skin's natural vitality. This treatment blends the draining power of pulsotherapy with the rejuvenating, plumping movements of the Nescens facial. It promotes circulation, detoxifies, and leaves your complexion luminous and lifted, offering a true breath of fresh air for your skin and body.

1h: 220 CHF

PULSOTHERAPY

Through pulsing massage waves from the ankles to the abdomen set in time with the heart rate, personal pulsotherapy programs energize the lymphatic system, relieve heavy legs, combat cellulite, and help shape the figure. This system also acts on acute stress and regulates sleep patterns. It allows athletes to recover in a very short time, improve their performance and reduce the risk of injury. Ideal as a complement to muscle and restorative massage, slimming treatments or during a facial, it can also be carried out on its own or as a course of treatment to optimize results.

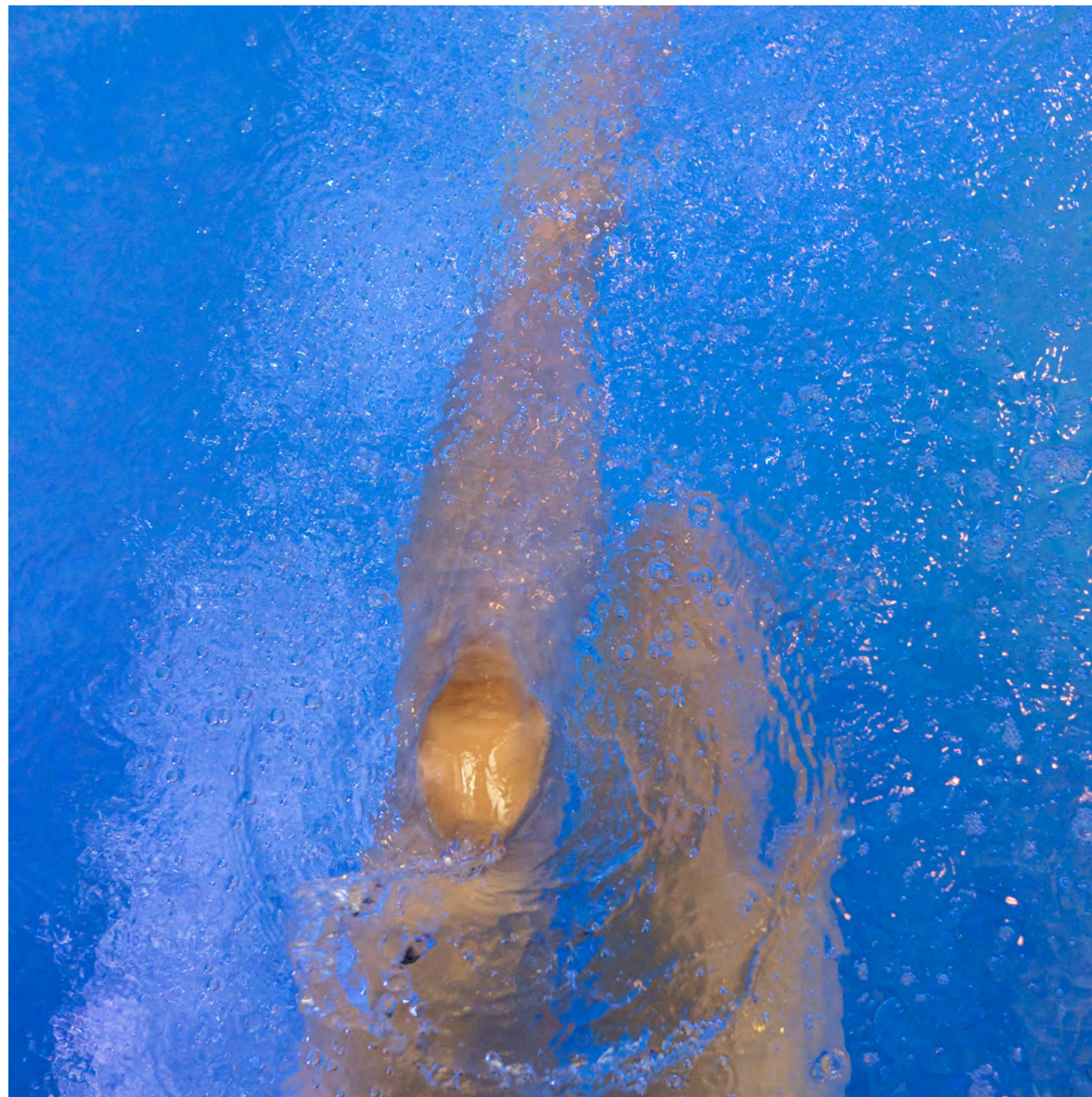
30 min: 115 CHF

3 sessions: 310 CHF

POST-HIKE RITUAL

A deeply regenerating and soothing body treatment, perfect after a day spent exploring Zermatt's breathtaking landscapes. Your journey to relaxation begins with a targeted back and leg massage, easing tension and promoting muscle recovery. This is followed by a revitalizing pulsotherapy session paired with a Cryo gel wrap, stimulating the lymphatic system, relieving heavy legs, and flushing out toxins. Through expert, deep-reaching techniques, this signature Nescens ritual restores lightness and radiance to your body.

1h: 200 CHF





BEAUTY STUDIO

HAND AND FOOT CARE

Hand or Foot Treatment (50 min)
Nail filing, cuticles, scrub, massage and nail polish _____ **115 CHF**

Hand or Foot Treatment with nail polish (75 min)
Nail filing, cuticles, cream application and nail polish _____ **145 CHF**

Express hand or foot treatment (30 min)
Without nail polish _____ **90 CHF**

Filing and nail polish (30 min) _____ **75 CHF**

O.P.I. semi-permanent application

Hand or Foot Treatment
with semi-permanent nail polish (80 min) _____ **175 CHF**
Semi-permanent nail polish removal (30 min) _____ **55 CHF**

WAXING

Lips _____ **35 CHF**
Underarms _____ **55 CHF**
Bikini Brazil _____ **95 CHF**
Bikini Complete _____ **110 CHF**
Half-legs _____ **75 CHF**
Complete legs _____ **110 CHF**
Back _____ **110 CHF**

INTENSE EYE DEFINITION

Eyelash tinting (20 min) _____ **35 CHF**
Eyebrow tinting (20 min) _____ **35 CHF**

NESCENS SPA DAYS AT MONT CERVIN PALACE

A dreamy & rejuvenating day at Mont Cervin Palace immerses you in a world of ultimate relaxation, offering exclusive access to the wellness journey of Spa Nescens, cutting-edge treatments.

LONGEVITY ESCAPE

Access to the Spa facilities
Better-Aging Body Massage (50 min)
Hyaluronic Acid Shot (30 min)

325 CHF

PERFORMANCE JOURNEY

Access to the Spa facilities
Personnal Training (1h)
Repairing Muscle Massage (80 min)
Repairing and Moisturizing Treatment (50 min)
Healthy lunch

585 CHF

RECOVERY PROGRAM

Access to the Spa facilities
Repairing Muscle Massage (50 min)
Pulsotherapy (30 min)

380 CHF

LETTING GO INTERLUDE

Access to th Spa facilities
Yoga Session (45 min)
Hot stone Massage (80 min)
Nescens Cellular Rejuvenation Ritual (80 min)
Healthy lunch

665 CHF

TAILOR-MADE DAY

Access to the Spa facilities
Choice of 50-minute or 80-minute treatment

195 CHF or 265 CHF





ONE DAY, ONE NESSENS BREAK

Enhance your stay at Mont-Cervin Palace by devoting 30 minutes a day to your well-being. Spa Nescens offers you 3 programs designed to boost your performance, optimize your recovery or enjoy precious moments of relaxation.
3 days - 280 CHF or 5 days - 455 CHF

"RECOVERY" PROGRAM
Regeneration – Balance – Holistic Beauty

- Day 1: Yoga (30 min)
- Day 2: Back Massage (30 min)
- Day 3: After-Ski Pulsotherapy (30 min)
- Day 4: Muscular training (30 min)
- Day 5: Expert Face Ritual (30 min)

"LETTING-GO" PROGRAM
Calming – Release – Serenity

- Day 1: Water Relaxing Activity (30 min)
- Day 2: Focus massage (30 min)
- Day 3: Balancing Pulsotherapy (30 min)
- Day 4: Meditative Yoga (30 min)
- Day 5: Eye Contour Renewal Treatment (30 min)

"PERFORMANCE" PROGRAM
Energy – Tonus – Vitality

- Day 1: Cross Training session (30 min)
- Day 2: Detoxifying Pulsotherapy (30 min)
- Day 3: Back massage (30 min)
- Day 4: Hyaluronic Acid Shot (30 min)
- Day 5: Active stretching (30 min)

FITNESS

Enjoy a stay at Mont Cervin Palace to recharge, push your limits & take care of yourself. In addition to a complet set of equipments, a coach is available at all times to tailor your program based on your needs & goals to ensure the monitoring of your performances.

EQUIPMENT

CARDIO-TRAINING

Treadmills / Cycles and spinning /
Vario elliptical trainers / Rower

STRENGTH TRAINING

Kinesis machine / Legpress / Interior and
exterior adductor machine / Vertical traction
Weight-training benches

YOGA STUDIO

THE MONT CERVIN PALACE CLUB

Personal training / Yoga Session
Aqua Training

30 min: 45 CHF

45 min: 60 CHF

1h: 90 CHF





THE MONT CERVIN PALACE CLUB

The Mont Cervin Club helps you feel balanced, fit and healthy to become the most beautiful version of yourself. Join the Club and enjoy a sports program and unparalleled well-being and exclusive benefits within the Nescens Spa and the Hotel.

	CLUB'S BENEFITS
FITNESS PROGRAM <ul style="list-style-type: none">• Personal Training• Access to sports activities and events• Unlimited access to fitness, indoor and outdoor pools, Jacuzzis, Saunas, Hammams• Invitations for persons of your choice	<div>✓</div> <div>✓</div> <div>✓</div> <div>✓</div>
WELLNESS AND SKINCARE PARCOURS <ul style="list-style-type: none">• 50-minute massage or facial treatment of your choice by Nescens• 10% discount on all face and body treatments• 10% discount on products on sale at the Spa Nescens boutique	<div>✓</div> <div>✓</div> <div>✓</div>
GASTRONOMY <ul style="list-style-type: none">• 10% discount on all catering services excluding drinks	<div>✓</div>
EXCLUSIVE BENEFITS AT MONT CERVIN PALACE <ul style="list-style-type: none">• Access to Mont Cervin Palace Concierge service (restaurant and show reservations, etc.)	<div>✓</div>

CLINIQUE NESSENS

MEDICINE DEDICATED TO WELLNESS

You wish to take stock of your lifestyle, identify risk factors, preserve your future quality of life, optimize your performance, initiate sustainable weight loss... Clinique Nescens offers you the benefit of unique experience combining cutting-edge medical and scientific expertise and top-of-the-range living conditions within an exclusive environment. The Clinique Nescens offers medical check-ups,

specialized consultations as well as medical and wellness treatment programs. Located near Genève, this innovative wellness clinic encompasses a range of medical and scientific activities dedicated to the detection, prevention and treatment of age-related pathologies. It draws on state-of-the-art medical technologies and an exclusive pool of recognized specialists, who make prevention and lifestyle optimization the central focus of their care.



GENERAL INFORMATION

ACCESS TO SPA NESSENS

Access to the Spa is reserved for guests staying at the Mont Cervin Palace, Club members and guests benefiting from a Spa Day, daily from 7.30 am to 8 pm for pools and jacuzzis, from 10 am to 8 pm for saunas, hammams and 24/24 for the fitness center. External clients are welcome to access to all the facilities for 80 CHF per adults and 60 CHF per child from 10 am to 3 pm on the day. Treatments are available to all guests, by appointment, daily between 10 am to 8 pm.

RESERVATION

We invite you to book your treatments in advance by phone on +41 (0)27 966 88 39 or by email at spa@montcervinpalace.ch or on our website <https://www.montcervinpalace.ch>. We recommend that you arrive 15 minutes before your appointment time, so that you can fully enjoy your treatment. Any delay will result in a reduction in the treatment duration as well as a full charge for the treatment. A confirmation e-mail will be sent for all bookings. For non-resident guests, a bank guarantee will be required for all reservation requests.

CHILDREN'S ACCESS

Children under 16 must be accompanied by their parents or a responsible adult.

HEALTH AND PREGNANCY

When you make your booking, we invite you to inform us about your state of health or any allergies you may have, so that we can offer you the type of treatment best suited to your needs. Upon arrival at Spa Nescens, you will be asked to complete a health questionnaire. Please note that the heat of the hammam is not recommended for people with circulation problems, high blood pressure or breathing difficulties. Treatments for pregnant women are available from the second trimester of pregnancy. We encourage you to inform our receptionists of your pregnancy, so that they can direct you to the most appropriate treatments.

CANCELLATION POLICY

If you wish to cancel or change your appointment, please let us know at least 24 hours before the scheduled time, to avoid being billed for the entire treatment.

NON-SPA SERVICES

If you wish to enjoy your Spa Nescens services in your room, you will be charged an additional CHF 100.- per treatment. Treatments are subject to therapists' availability.

DRESS CODE

Bathrobes, slippers and disposable underwear are available at Spa Nescens. Sports shoes must be worn in the fitness studio. Flip-flops and slippers will not be accepted.

CELL PHONE

For everyone's well-being and peace of mind, we would be grateful if you could switch off your cell phones and other electronic devices when you enter the Spa Nescens area.

CLOTHES

Changing rooms are available for your convenience. You'll find bathrobes, slippers, as well as all the toiletries you need to freshen up. A locker with a key is also provided.

LOSS OR DAMAGE TO PERSONAL ITEMS

We accept no responsibility for loss or damage to personal items. We recommend that you keep your valuables in your room safe if you are staying at the hotel, or in your private locker at Spa Nescens.

SPA NESSENS BOUTIQUE

Nescens face and body cosmeceuticals are available exclusively in our boutique and on our online boutique <https://www.nescens.com>. The result of scientific research, these products are renowned for their high efficacy, thanks to anti-aging, moisturizing and resurfacing active ingredients. Our beauty consultants are at your disposal for any personalized information you may require.

GIFT BOXES

Gift boxes are available at the Spa reception desk and on our <https://www.montcervinpalace.ch> website. All treatments, including our packages, can be purchased as gift vouchers. They are valid for one year from the date of purchase and are nominative. They are neither exchangeable nor refundable.



MONT CERVIN PALACE
ZERMATT



MONT CERVIN PALACE
Bahnhofstrasse 31 · 3920 Zermatt · Switzerland · T +41 27 966 88 88
info@montcervinpalace.ch · www.montcervinpalace.ch · www.nescens.com

March 2025 · Non contractual document · Pictures: G. Gardette - D.R.