

SPA MENU

NESCENS
SPA

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

CONTENTS

High Performance Cosmeceuticals	6
Winter 2025-2026: 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
Fitness	25
The Club	26
Clinique Nescens	29
General Information	30

CLINIQUE NESSENS

Optimise your performance, transform your lifestyle and identify your risk factors: in the Swiss mountains, Clinique Nescens will provide you with top-notch medical and scientific expertise in a very special premium setting. We take a holistic approach, offering personalised medical check-ups and innovative treatments, as well as regenerative medicine interventions. Clinique Nescens enjoys the latest generation of medical technology, as an exclusive centre made up of world-renowned specialists who will make preventive care and lifestyle optimisation the central focus of your stay.

HIGH PERFORMANCE COSMECEUTICALS

Nescens Cosmeceuticals combines Swiss scientific expertise and active ingredients to regenerate, protect and revitalise the skin. Each formula is designed to optimise skin health and appearance, supporting your longevity journey in harmony with your medical visit.



SPA NESSENS AT MONT-CERVIN PALACE



At Spa Nescens, Mont Cervin Palace, preventive science meets the art of regeneration in a breathtaking alpine setting. With the Matterhorn as your backdrop and the crisp mountain air invigorating your senses, every treatment offers a deeply rejuvenating experience: releasing tension, sculpting the body, and awakening cellular vitality.

Drawing inspiration from the Nescens Clinic and its longevity experts, our protocols blend scientific expertise with advanced therapeutic techniques. Fully personalized and delivered by skilled therapists, they go well beyond relaxation — guiding you toward a holistic enhancement of your health, beauty, and energy.



EXCLUSIVE TREATMENTS 2025 - 2026

PULSOTHÉRAPY

Drainage – Silhouette – Regeneration

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: CHF 115

3 sessions: CHF 310

HOLISTIQUE RECOVERY

Regeneration – Energy – Vitality

Experience a truly unique sensory journey with a full-body sodalite stone massage that melts away deep tension, paired with a Nescens facial that combines anti-aging expertise with the invigorating contrast of hot and cold stones. This harmonious ritual boosts circulation, revitalizes the skin, and restores its natural radiance.

1h30: CHF 290

SOIN RE NESSENS

Repair – Renewal – Cellular awakening

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

1h20: CHF 260

REGENERATION 30 PROTOCOL

Exfoliation – Wrap – Massage

This 90-minute ritual begins with 30 minutes of body exfoliation to stimulate microcirculation, followed by a 30-minute regenerating wrap to deeply hydrate and restore the skin, and concludes with a 30-minute reparative massage to release muscular tension and rebalance energy flow. A holistic experience that revitalizes the skin and delivers profound well-being, the signature of Nescens expertise.

1h30: 285 CHF

AFTER-SKI RITUAL

Recovery – Circulation – Relaxation

Designed to release deep tension after a day on the slopes, this ritual combines a targeted restorative massage for overworked muscles with a session of pulse therapy, a cutting-edge technology that enhances recovery and muscle regeneration. A complete treatment to relieve, revitalize, and restore your energy.

1h: 30 min pulsotherapy + 30 min massage: CHF 200

1h30: 30 min pulsotherapy + 1h massage: CHF 290

BETTER-AGING FACIAL TREATMENT

Drainage – Firmness – Letting go

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: CHF 200

1h20: CHF 270

NESCENS CELLULAR REJUVENATION RITUAL

Tone – Lifting – Glow

An exceptional facial ritual designed to enhance the skin's radiance, plumpness and definition. This high-performance treatment combines proven techniques with a powerful infusion of active ingredients delivered through advanced meso-aesthetic technology. It boosts cellular regeneration, restores elasticity and delivers instantly visible results.

1h20: CHF 280

RE NESCENS TREATMENT

Repair – Renewal – Cellular awakening

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.

1h20: CHF 260

REPAIRING AND MOISTURIZING TREATMENT

Comfort – Hydration – Soothing

The Repair and Hydration Facial soothes and restores even the most sensitive skin, reactivating its natural functions and key youth markers. The skin regains strength, softness and lasting comfort. During this 80-minute treatment, the facial massage is extended, while a rich mask application is complemented by a deeply relaxing hand and foot massage.

50 min: CHF 190

1h20: CHF 260

DETOX TREATMENT

Purification – Balance – Clarity

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: CHF 190



EXPERTS FACIAL RITUALS

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



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

Hydration – Comfort – Radiance

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.

30 min: CHF 135

YOUTH ELIXIR

Vitality – Firmness – Instant Glow

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.

30 min: CHF 135

PERSONALIZED BODY SCRUB

Exfoliation – Circulation – Lightness

This exfoliating treatment removes dead skin cells, stimulates circulation and leaves the skin soft and radiant. Ideal to prepare for any additional treatment.

30 min: CHF 135

EXPERT RITUAL FACE

Smoothing – Glow – Toning

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: CHF 135

EYE CONTOUR RENEWAL TREATMENT

Decongestion – Smoothing – Eye Brightening

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: CHF 135

NESCENS MESSAGES

Constantly seeking ways to enhance longevity, the osteopaths and specialists at Nescens Clinic have designed advanced massage protocols aimed at boosting recovery, promoting deep relaxation, improving sleep, and supporting holistic detoxification.

BETTER-AGING MASSAGE

Energy – Drainage – Prevention

Signature massage combining drainage, stretching and energetic stimulation to restore vitality and balance. Releases tension, boosts circulation and supports ideal posture alignment.

50 min: CHF 190

1h20: CHF 260

MUSCLE AND REPAIR MASSAGE

Recovery – Relaxation – Performance

Ideal after physical effort or during recovery. Relieves deep muscle tension, regenerates tissues and improves mobility. A targeted approach for lasting recovery.

50 min: CHF 200

1h20: CHF 270

DESTRESSING MASSAGE

Soothing – Sleep – Relaxation

Enveloping massage that acts on the nervous system to release tension, calm the mind and improve sleep. Also beneficial for stress-related digestive discomfort.

50 min: CHF 190

1h20: CHF 260





SPECIFIC MASSAGES

TARGETED MASSAGE

Relief – Customisation – Relaxation

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: CHF 125

HOLISTIC RECOVERY

Regeneration – Energy – Vitality

Experience a truly unique sensory journey with a full-body sodalite stone massage that melts away deep tension, paired with a Nescens facial that combines anti-aging expertise with the invigorating contrast of hot and cold stones. This harmonious ritual boosts circulation, revitalizes the skin, and restores its natural radiance.

1h30: CHF 290

FOOT REFLEXOLOGY

Balance – Energy – Relaxation

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: CHF 190

30 min: CHF 125

PRENATAL MASSAGE

Comfort – Lightness – Soothing

Designed for mothers-to-be from the 2nd trimester. Relieves muscular tension, improves circulation and enhances overall comfort while adapting to each stage of pregnancy.

50 min: CHF 190

1h20: CHF 260

BODY TREATMENTS

REGENERATION 30 PROTOCOL

Exfoliation – Wrap – Massage

This 90-minute ritual begins with 30 minutes of body exfoliation to stimulate microcirculation, followed by a 30-minute regenerating wrap to deeply hydrate and restore the skin, and concludes with a 30-minute reparative massage to release muscular tension and rebalance energy flow. A holistic experience that revitalizes the skin and delivers profound well-being, the signature of Nescens expertise.

1h30: CHF 285

BODY PROGRAMS

Exfoliation – Regeneration – Release

Three bespoke body protocols combining relaxation, rejuvenation, and a complete reset. Nescens rituals designed to restore balance, vitality, and a sense of lightness:

Relax: Exfoliation + Massage

Regeneration: Exfoliation + Massage + Body Wrap

Reset: Exfoliation + Body Wrap + Pulsotherapy

1h20: CHF 260

ROMANTIC ESCAPEDE FOR 2

Intimacy – Serenity – Escape

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-minute restorative massage, where everyone can share a gentle moment of letting go.

1h20: CHF 490

PULSOTHERAPY

Drainage – Silhouette – Regeneration

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: CHF 115

3 sessions: CHF 310

AFTER-SKI RITUAL

Recovery – Circulation – Relaxation

Designed to release deep tension after a day on the slopes, this ritual combines a targeted restorative massage for overworked muscles with a session of pulse therapy, a cutting-edge technology that enhances recovery and muscle regeneration. A complete treatment to relieve, revitalize, and restore your energy.

1h: 30 min pulsotherapy + 30 min massage: CHF 200

1h30: 30 min pulsotherapy + 1h massage: CHF 290





BEAUTY STUDIO

HAND AND FOOT CARE

Express 30 min :
Cleansing soak, cuticle care, filing, buffing, hydration
_____ **CHF 65**

Deluxe 50 min :
Cleansing soak, cuticle care, scrub, massage, filing, buffing, hydration
_____ **CHF 130**

Nail polish application 15 min:
_____ **CHF 45**

Semi-Permanent Nail polish application 15 min:
_____ **CHF 55**

Semi-Permanent Nail polish removal 15 min:
_____ **CHF 45**

WAXING

_____ **from CHF 40**

INTENSE EYE DEFINITION

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

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

NESCENS SPA DAYS

These days feature high-performance Nescens treatments, along with exclusive access to the fitness room, sauna, hammam, and indoor pool, offering a complete and immersive wellness experience.

LONGEVITY ESCAPE

Better-Aging Body Massage (50 min)
Hyaluronic Acid Shot (30 min)

CHF 325

PERFORMANCE JOURNEY

Personal Training (1h)
Repairing Muscle Massage (1h20)
Repairing and Moisturizing Treatment (50 min)
Healthy lunch

CHF 585

RECOVERY PROGRAM

Repairing Muscle Massage (50 min)
Pulsotherapy (30 min)

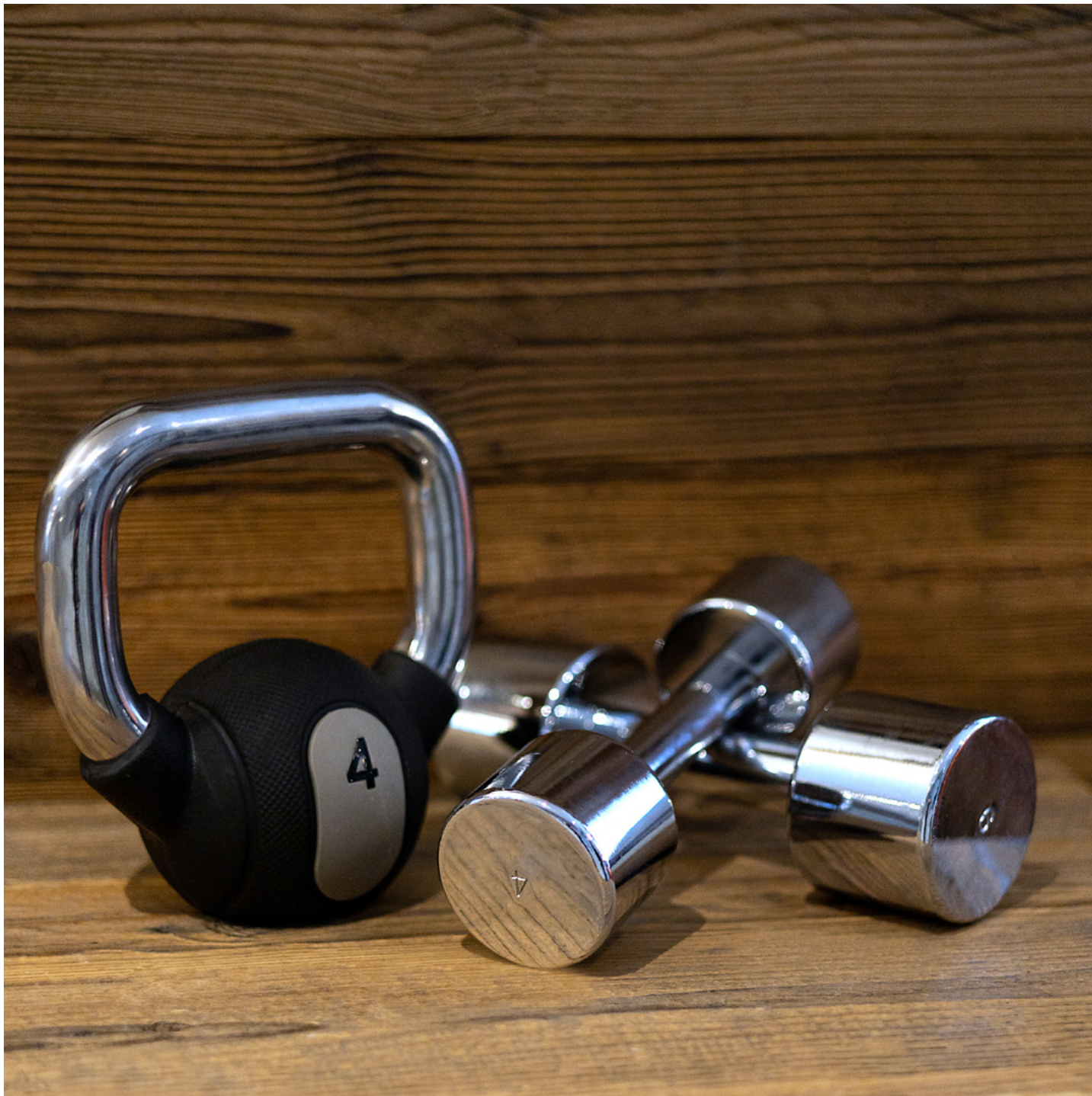
CHF 380

LETTING GO INTERLUDE

Scrub (30 min)
Massage Holistic Recovery (1h30)
Healthy lunch

CHF 410





FITNESS

Make the most of your stay at Mont Cervin Palace to recharge, push your limits, and take care of yourself. With a wide range of state-of-the-art facilities, every workout becomes a stimulating experience that supports your fitness and overall well-being.

EQUIPMENT

CARDIO

Treadmills / Cycles and spinning /
Vario elliptical trainers / Rower

STRENGTH TRAINING

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

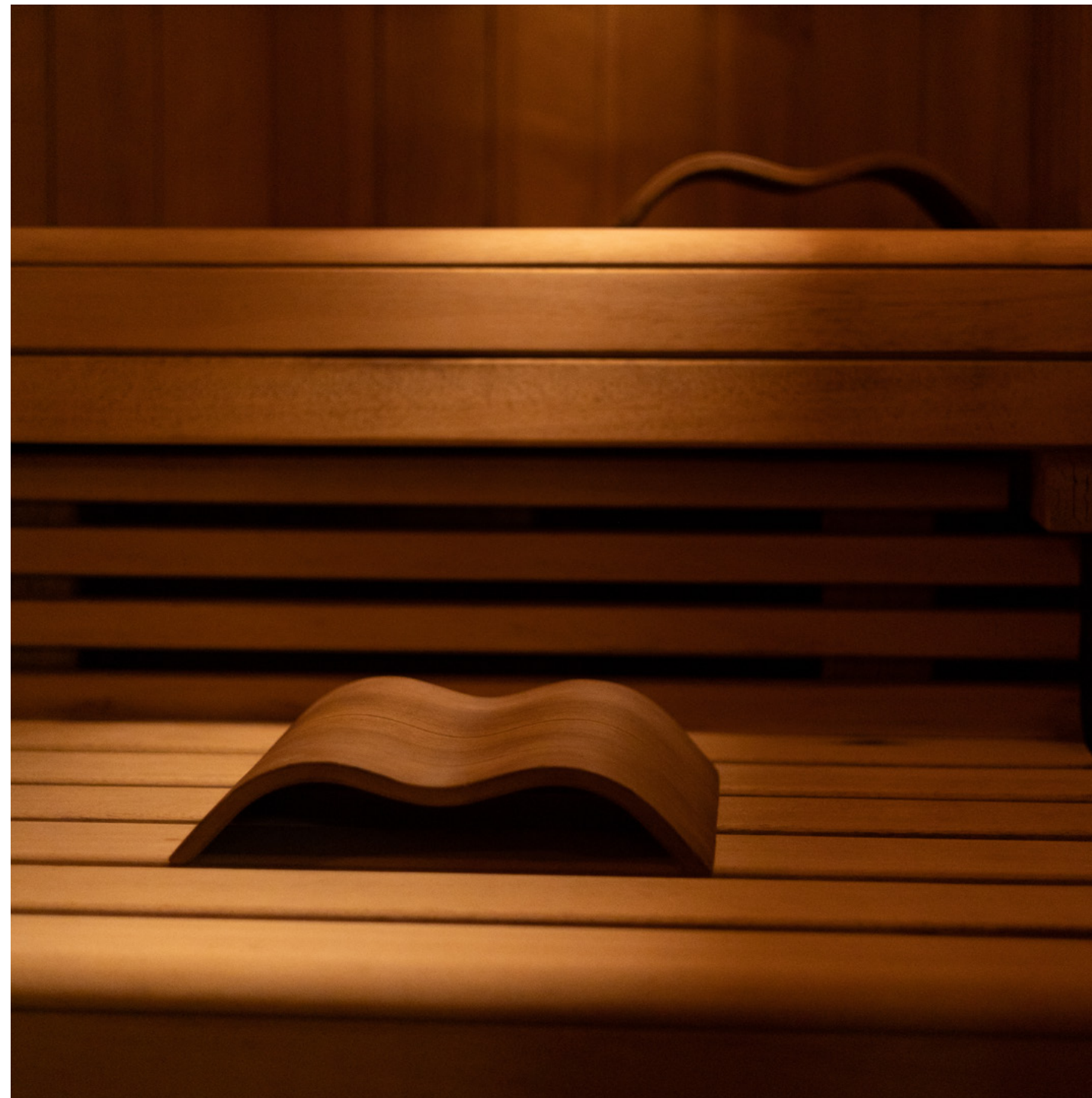
YOGA STUDIO

THE 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 BENEFITS	SEASONAL MEMBERSHIP	MONTHLY MEMBERSHIP
PHYSICAL ACTIVITIES		
• Unlimited access to fitness, indoor and outdoor pools, Jacuzzis, Saunas, Hammams	✓	✓
• Access to sports activities and events	✓	✓
• Invitations for people of your choice	5	1
WELLNESS ET SKINCARE PROTOCOL		
• 50-minute massage or facial treatment of your choice by Nescens	3	1
• 10% discount on all face and body treatments	✓	✓
• 10% discount on products on sale at the Spa Nescens boutique	✓	✓
GASTRONOMY		
• 10% discount on all catering services excluding drinks	✓	✓
EXCLUSIVE BENEFITS AT MONT CERVIN PALACE		
• Access to Mont Cervin Palace Concierge service (restaurant and show reservations, etc.)	✓	✓
RATES	CHF 1'800	CHF 450



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. 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 · Suisse · T +41 27 966 88 88
info@montcervinpalace.ch · www.montcervinpalace.ch · www.nescens.com

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

Prices in Swiss francs, including service and VAT.