

NESCENS
S P A

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

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 and the art of regeneration come together in an exceptional alpine setting. Facing the majestic Matterhorn and embraced by the invigorating mountain air, each treatment becomes a profound experience: releasing tension, redefining the silhouette, and stimulating cellular vitality.

Inspired by the Nescens Clinic and its longevity specialists, our protocols combine medical expertise with highly effective techniques. Personalized and performed by expert therapists, they guide you far beyond relaxation, toward a true enhancement of your health, beauty, and energy capital.

EXCLUSIVE SUMMER 2026 TREATMENTS

PULSOTHERAPY

Lymphatic drainage through rhythmic pressure waves to relieve heavy legs, refine the silhouette, improve recovery, sleep, and overall vitality.

30 min: CHF 115
3 sessions: CHF 310

HARMONY RITUAL

Restorative hot & cold stone massage combined with a Nescens facial ritual to release tension, stimulate circulation, and support skin regeneration.

1h30: CHF 290

BETTER AGING TREATMENT

Advanced facial ritual with deep cleansing, lifting techniques, and collagen-boosting massage to firm, smooth, and illuminate the skin.

50 min: CHF 200
1h20: CHF 270

DETOX & RECOVERY

Targeted massage with Thai-inspired stretches and pulsotherapy to release tension, improve mobility, and support full-body recovery and detoxification.

1h: 30 min pulsotherapy
+ 30 min massage: CHF 200
1h30: 30 min pulsotherapy
+ 1h massage: CHF 290

10 DAYS PASS

10-day access to Spa Nescens facilities for a complete wellness escape, combining relaxation, recovery, and balance.

CHF 720



SKINCARE BOOSTERS



EXPRESS FACIAL TREATMENT

Express post-massage or body treatment. Smooths, firms, and revitalizes radiance thanks to the keratolytic complex and targeted expert massage.

30 min: CHF 135

EYE CONTOUR RENEWAL TREATMENT

Targeted massage and ultra-active gel mask to smooth, decongest, and restore youthful eye appearance.

30 min: CHF 135

TONIFYING BODY RITUAL

Invigorating dry brushing ritual to stimulate circulation, revive skin radiance, and restore softness and vitality. Your brush is offered to continue the benefits at home and elevate your daily wellness routine.

30 min: CHF 135

HYALURONIC ACID SHOT

Mesotherapy delivery of an exclusive hyaluronic acid complex for deep hydration and skin densification.

30 min: CHF 135

YOUTH ELIXIR

Expert flash treatment by Nescens. Peptides and vitamins delivered after skin preparation for an immediate and visible lifting effect.

30 min: CHF 135

EXPERT FACIAL RITUALS



BETTER-AGING FACIAL

5-step ritual combining expert techniques and targeted tools to smooth wrinkles, improve firmness and revive complexion radiance.

50 min: CHF 200
1h20: CHF 270

NESCENS CELLULAR REJUVENATION RITUAL

Better-Aging ritual delivered by meso-aesthetic for smoothing, plumping and optimizing regeneration. Toned skin, redefined contours.

1h20: CHF 280

RE NESCENS TREATMENT

Deep treatment for the face, neck, and décolleté. Cellular cleansing, re-lipidating actives, and lifting massage for firmer, more toned skin.

1h20: CHF 260

REPAIRING AND MOISTURIZING TREATMENT

Comforting treatment that reactivates the skin's natural functions. Hydrates, regenerates, and soothes. Includes face, hands, and feet massage.

50 min: CHF 190
1h20: CHF 260

DETOX TREATMENT

Rebalancing protocol to refine skin texture, normalize sebum production, and restore complexion clarity.

50 min: CHF 190

TARGETED BOOSTERS

These rituals are added to your treatment to enhance the experience.

HAIR NUTRITION RITUAL

Nourishing hair ritual featuring the Rossano Ferretti Prodigio mask enriched with restorative actives, applied with warm towel therapy and a deeply relaxing scalp massage. Hair is left softer, shinier, and revitalized while the mind fully unwinds.

CHF 25

NESCENS PRO-COLLAGEN EYE PATCHES

Revitalizing hydrogel eye patches infused with biomimetic actives to smooth fine lines, improve firmness around the eye contour, and visibly reduce signs of fatigue.

CHF 25

NESCENS AQUAGLOW MASK

Hydrating hydrogel mask concentrated in biomimetic hyaluronic acid and hygroscopic actives to deeply replenish moisture, plump the skin, and strengthen the skin barrier.

CHF 25

HAND SCRUB

Gentle exfoliating ritual designed to remove dead skin cells and reveal softer, smoother, and more radiant hands.

CHF 25

FOOT SCRUB

Targeted exfoliation to smooth and refine the skin while restoring an immediate sensation of comfort and lightness.

CHF 25



SPECIFIC MASSAGES

TARGETED MASSAGE

Focused massage on a specific area (back, legs, head or feet) for fast and effective relief. Can be combined with a facial or workout for enhanced results.

30 min: CHF 125

HARMONY RITUAL

Restorative massage combining warm and cold sodalite stones to release tension, stimulate circulation, and calm the nervous system. Enhanced with a Nescens facial ritual and cooling stones to boost microcirculation and support skin regeneration.

1h30: CHF 290

FOOT REFLEXOLOGY

Reflexology ritual combining targeted foot pressure techniques with a relaxing scalp massage to relieve stress, improve circulation, release tension, and restore overall balance and relaxation.

**30 min: CHF 125
50 min: CHF 190**

PRENATAL MASSAGE

Gentle and soothing treatment to relieve pregnancy-related tension, promote circulation, and provide comfort and relaxation. From the second trimester onward.

**50 min: CHF 190
1h20: CHF 260**

THAI MASSAGE

Traditional Thai futon ritual combining deep pressure and assisted stretching to release tension, improve flexibility, restore mobility, and revive energy levels for an immediate sensation of lightness and recovery.

1h30: CHF 280



NESCENS MASSAGES

BETTER-AGING MASSAGE

Detoxifying, draining, and energizing massage targeting sensitive areas to release tension and promote lasting balance.

**50 min: CHF 190
1h20: CHF 260**

MUSCLE AND REPAIR MASSAGE

Designed by Nescens experts to optimize recovery, release postural tensions, and regenerate deep tissues.

**50 min: CHF 200
1h20: CHF 270**

DESTRESSING MASSAGE

Soothing, enveloping movements to release physical tension, calm the mind, improve sleep, and relieve digestive discomfort.

**50 min: CHF 190
1h20: CHF 260**



BEAUTY STUDIO

Waxing & eyebrow & lash treatments & expert manicures & pedicures enhance natural beauty, leaving skin smooth, polished & radiant

From CHF 35

BODY TREATMENTS AND ADVANCED TECHNOLOGIES



DETOX & RECOVERY

Recovery ritual combining targeted massage, Thai-inspired stretching techniques, and pulsotherapy to improve mobility, release muscular tension, stimulate circulation, and support detoxification after physical effort or altitude activity.

1h: 30 min pulsotherapy
+ 30 min massage: CHF 200
1h30: 30 min pulsotherapy
+ 1h massage: CHF 290

DETOX & RESET BACK

Targeted back ritual combining exfoliation, hydration, and massage to smooth the skin, stimulate renewal, release tension, and restore comfort and lightness.

45 min: CHF 135

PULSOTHERAPY

Lymphatic stimulation through rhythmic pressure waves to relieve heavy legs, refine the silhouette, support detoxification, improve sleep quality, and enhance sports recovery and performance.

30 min: CHF 115
3 sessions: CHF 310

A DAY AT SPA NESSENS

True wellness interludes dedicated to balance and regeneration, these experiences combine high-performance treatments with a holistic approach to well-being. Each journey includes access to the Spa Nescens facilities, along with a curated selection of treatments designed to support skin quality, enhance recovery, and restore harmony between body and mind.

LONGEVITY ESCAPE

Better-Aging Massage (50 min) + Expert Facial Ritual (30 min) 1h20: CHF 325

RECOVERY JOURNEY

Detox & Recovery (1h) + Repairing & Moisturizing Treatment (50 min) 1h50: CHF 390

LETTING GO INTERLUDE

Back Scrub (30 min) + Harmony Ritual (1h30) + Healthy Lunch 2h: CHF 480

ONE DAY JOURNEY

Yoga Session (1h) + Thai Massage (1h30) + Better-Aging Facial (50 min) + Healthy Lunch 3h20: CHF 625

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.

Personal Training: Yoga (Vinyasa, Yin, Hatha), Meditation, Reiki, Breathwork, Tai Chi, Qigong
1h: CHF 90



NESCENS RETREATS

Nescens retreats are immersive wellness journeys designed to restore balance, enhance vitality, and activate the body's natural regeneration mechanisms. Set in exceptional alpine environments, they combine high-performance treatments, targeted physical activity, and personalized nutrition to create a profound and lasting transformation of body and mind.

ALPINE ENERGY RESET

A two-day program designed to restore energy levels and fully harness the benefits of altitude. Oxygenating hikes, yoga sessions, high-performance Nescens treatments, and tailored nutrition work in synergy to stimulate circulation, release tension, and reactivate natural recovery mechanisms.

**2 days with 2 nights
at Mont Cervin Palace:
CHF 1,990
2 days program: CHF 650
(without accommodation)**

ALPINE DEEP REGENERATION

A four-day retreat designed to slow down, recentre, and support deep regenerative processes. Mountain-based physical activities, expert Nescens treatments, and personalized nutrition progressively guide the body toward global rebalancing and renewed vitality.

**4 days with 4 nights
at Mont Cervin Palace:
CHF 3,990
4 days program: CHF 1,390
(without accommodation)**

***Accommodation at Mont Cervin Palace includes a classic room and breakfast.**



LE CLUB



Exclusive wellness membership designed to elevate your daily life through balance, fitness, and deep well-being. More than a program, it is a true lifestyle experience where movement, recovery, and expert care come together to help you become the best version of yourself.

Members enjoy unlimited access to the fitness area, indoor and outdoor pools, jacuzzis, sauna, and hammam, as well as curated sports activities and exclusive events. Beyond wellness, the experience extends to gastronomy with exclusive dining privileges, as well as dedicated concierge services within the Mont Cervin Palace. A unique invitation to live well, feel well, and stay deeply connected to yourself.

**Season membership: CHF 1,800 (5 months)
Monthly membership: CHF 450 (1 month)**

GENERAL INFORMATION

OPENING HOURS

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 am to 8 pm for pools and jacuzzis and the fitness center, from 10 am to 8 pm for saunas and hammams. External clients are welcome to access to all the facilities for 85 CHF for adulte, 65 CHF for kids from 10 am to 5 pm. Treatments are available for 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 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 payment guarantee will be required for all reservation requests.

CHILDREN'S ACCESS

Children under 16 can access until 6 pm and 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.

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 website www.montcervinpalace.ch 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.

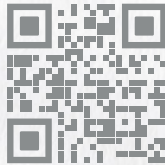


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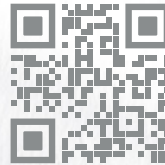
**BOOK YOUR NEXT EXPERIENCE
AT SPA NESSENS**



VIEW DIGITAL BROCHURES



FRENCH VERSION



GERMAN VERSION



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

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Prices in Swiss francs, including service and VAT.