



WELLNESS VISITING PRACTITIONERS

NESCENS
SWITZERLAND



We have selected the best wellness experts to provide exclusive experiences for our club members and guests.

The Spa Nescens at La Réserve Genève is a haven of peace and holistic health. It takes advantage of the expertise of the Nescens Clinic, a pioneer in the biology of aging and healthy aging, to create courses, treatments and stays dedicated to optimizing quality of life, improving stress management, the achievement of sporting goals and the sublimation of natural beauty.

The Spa Nescens is also the ideal place for people looking for new activities and innovative treatments. To this end, it organizes monthly events and conferences with health and wellness stakeholders, physical activities with medal-winning athletes and immersive high-performance experiences with wellness and beauty experts. Each speaker created his or her own technique based on an art or science. And by adding his interpretation of the gesture and his journey, he makes the performance unique.



PIERRE CLAVREUX

Kiyindo Shiatsu

1h: 260 CHF

1h30: 320 CHF

Characterized by its analgesic touch, the Kiyindo Shiatsu® is a preventive and curative “wellness” massage technique that deeply releases muscle and joint tensions, boosts the body’s self-healing abilities and redefines our body image. The culmination of many years of research carried out by Pierre Clavreux following his studies with Takeuchi Sensei, this technique (practiced dressed) responds to a major problem: the reduction of pain. Reaching deep spasms, it also develops energy, releases joints and relieves muscle and skeletal pain. It teaches us to listen and decipher the messages of the body, to curb daily pain, even to contain the evolution of pathologies. It invites everyone to take an active part in their well-being and healing process.

DATES 2025
SPA NESSENS
LA RÉSERVE GENÈVE

FROM 11 TO 14 JANUARY

FROM MARCH 8 TO 11

FROM MAY 24 TO 27

FROM 12 TO 15 JULY

FROM 6 TO 9 SEPTEMBER

FROM 1 TO 3 NOVEMBER

ALBIN BRION

Médicale Pédicure AB

“Haute Couture” for your Feet

1h: 180 CHF

This pedicure, performed by certified podiatrist Albin Brion, gently removes calluses, corns and dry skin thanks to a French dry method. At the same time, it restores the condition of the nails, especially incarnated, and the discoloration of the nail plate. It ends with a work on the natural and healthy shine of nails. Finally, a few osteopathic movements complete the massage.

DATES 2025
SPA NESSENS
LA RÉSERVE GENÈVE

JANUARY 30 TO FEBRUARY 8

MAY
DATES TO BE DETERMINED

SEPTEMBER
DATES TO BE DETERMINED





PHIANE DUQUET

The work of Beauty
and the Yin Yang gesture

Realignment

1h: 300 CHF

1h30: 450 CHF

Inspired by the Kintsugi - Japanese art of sealing with gold pieces of broken ceramics - this treatment is a unique sensory experience that beautifies the skin, soothes the mind, uplifts the soul, reveals to everyone its light and its strength.

DATES 2025
SPA NESSENS
LA RÉSERVE GENÈVE

—

APRIL 7

EARLY DECEMBER
EXACT DATES TO BE CONFIRMED

GILLES RIO

Tuina Massage

Traditional Chinese Medicine

Acupuncture and moxibustion

1h: 260 CHF

1h30: 320 CHF

Gilles Rio offers treatments such as Chinese Tuina massage and traditional Chinese medicine (acupuncture and Tuina), to revitalize and harmonize the body's energy. In addition it offers courses of Gongfu, Taiji Quan, Qigong and Zen Meditation, combining martial arts and energetic practices dedicated to the balance of body and mind. It also organises in-depth courses on these same themes.

DATES

SPA NESCEENS

LA RÉSERVE GÈNÈVE

—

EVERY 15 DAYS

SATURDAY AND SUNDAY





LI SUN

Visceral acupuncture

260 CHF for the first consultation

210 CHF for follow-up consultation

Rooted in Traditional Chinese Medicine, this technique acts on vital functions that harmonize the Qi of internal organs. By stimulating the meridians, it also helps to achieve a beneficial energy balance.

DATES

SPA NESSENS

LA RÉSERVE GENÈVE

—

EVERY MONDAY

EVERY OTHER WEEK

NADINE STARK

Stark ball massage.
Free yourself physical
and psychological strain

1h: 260 CHF

1h30: 320 CHF

Under the effect of effleurages, digitopressions and fluid movements performed with oils by the 2023 world champion in sports massage, stress disappears, toxins are evacuated. Gradually, you reconnect to your body, you recharge in well-being and vitality...

DATES
SPA NESCEMS
LA RÉSERVE GENÈVE

—
ANUARY 21 TO JANUARY 26





LAURE DARY

Maison (off) Wellness

Shape in Motion/Bar/Yoga

Pilates/Reformer

1h: 200 CHF private lessons

1h: 50 CHF group lessons - per person

Stay to be considered

Professional dancer for more than 10 years at the same time as a yoga teacher (warrior and vinyasa), this passionate of body work and movement has created a «special flexibility» course. Based on a complementarity of yoga and dance exercises, it allows everyone to go further and deeper in their practice.

DATES

SPA NESSENS

LA RÉSERVE GENÈVE

—

FROM FRIDAY 21

TO SUNDAY 23 MARCH

FROM FRIDAY 26

TO SUNDAY 28 SEPTEMBER

JULIE GRANGER

1h: 200 CHF private lessons

1h: 50 CHF group lessons - per person

Julie Granger offers dynamic and innovative classes combining yoga, dance and muscle building. She teaches Brooklyn Flow®, an energetic power yoga practice that combines cardio and strengthening work. She also offers the Barre & Brooklyn Barre®, a training that combines ballet, pilates and cardio to tone and sculpt the body. Finally, her Ballerina Body® Training is a ballet- and HIIT-inspired cardio conditioning program designed to lengthen a toned figure.

DATES
SPA NESCEMS
LA RÉSERVE GENÈVE

—
FROM 21 FEBRUARY
TO 26 FEBRUARY





LIONEL JOURDAN

Traditional Chinese Medicine

1h: 250 CHF private lessons

1h: 50 CHF group lessons - per person

Lionel Jourdan practices traditional Chinese medicine and dedicates all the wealth of his science to help everyone refocus, to untie their tensions, to deploy their energies and to accomplish their personal challenges. Celebrities swear by his physical, mental and emotional support. To prepare a tour or a competition, nothing beats the holistic approach of this expert in Chinese medicine, but also in Tui-Na massages, Qi Nei Zhang, acupuncture, Qi Gong... Lionel Jourdan puts his knowledge at the service of those who wish to refocus, release their tensions, harmonize their energies and achieve their personal goals. An essential appointment... with oneself!

DATES

SPA NESSENS

LA RÉSERVE GÈNÈVE

—

FROM THURSDAY 27
TO SATURDAY 29 MARCH

la réserve
HOTEL AND SPA
GENÈVE



LA RÉSERVÉ GENÈVE HOTEL AND SPA · 301 Route de Lausanne · 1293 Bellevue · Genève · Suisse
+41 (0)22 959 59 59 · guestservices@lareserve-geneve.com · www.lareserve-geneve.com