

SPA MENU

NESCENS
SWITZERLAND

L A R É S E R V E G E N È V E H O T E L A N D S P A

SPA NESSENS AT LA RÉSERVE GENEVE

The Spa Nescens at La Réserve Genève, a sanctuary of regeneration and renewal, helps slow down the effects of time and revive your vitality through the medical expertise of the Clinic Nescens.

Osteopaths, nutritionists, aesthetic doctors, fitness coaches, and qualified therapists forming the Nescens expert committee have designed holistic programs dedicated to restoring your mental and physiological balance, as well as redefining your lifestyle to help you thrive as the years go by.

Programs combining sports activities, nutrition, and advanced body and face treatments are the key to these high-performance journeys.

It's a unique opportunity to stay at La Réserve Genève and benefit from this unparalleled expertise, whether for a treatment, a day, or a full program.

The Spa Nescens Club offers a unique opportunity to be supported year-round by the best health and wellness ambassadors while enjoying the magical setting of La Réserve Genève and rare, exclusive benefits.



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HIGH PERFORMANCE COSMECEUTICALS

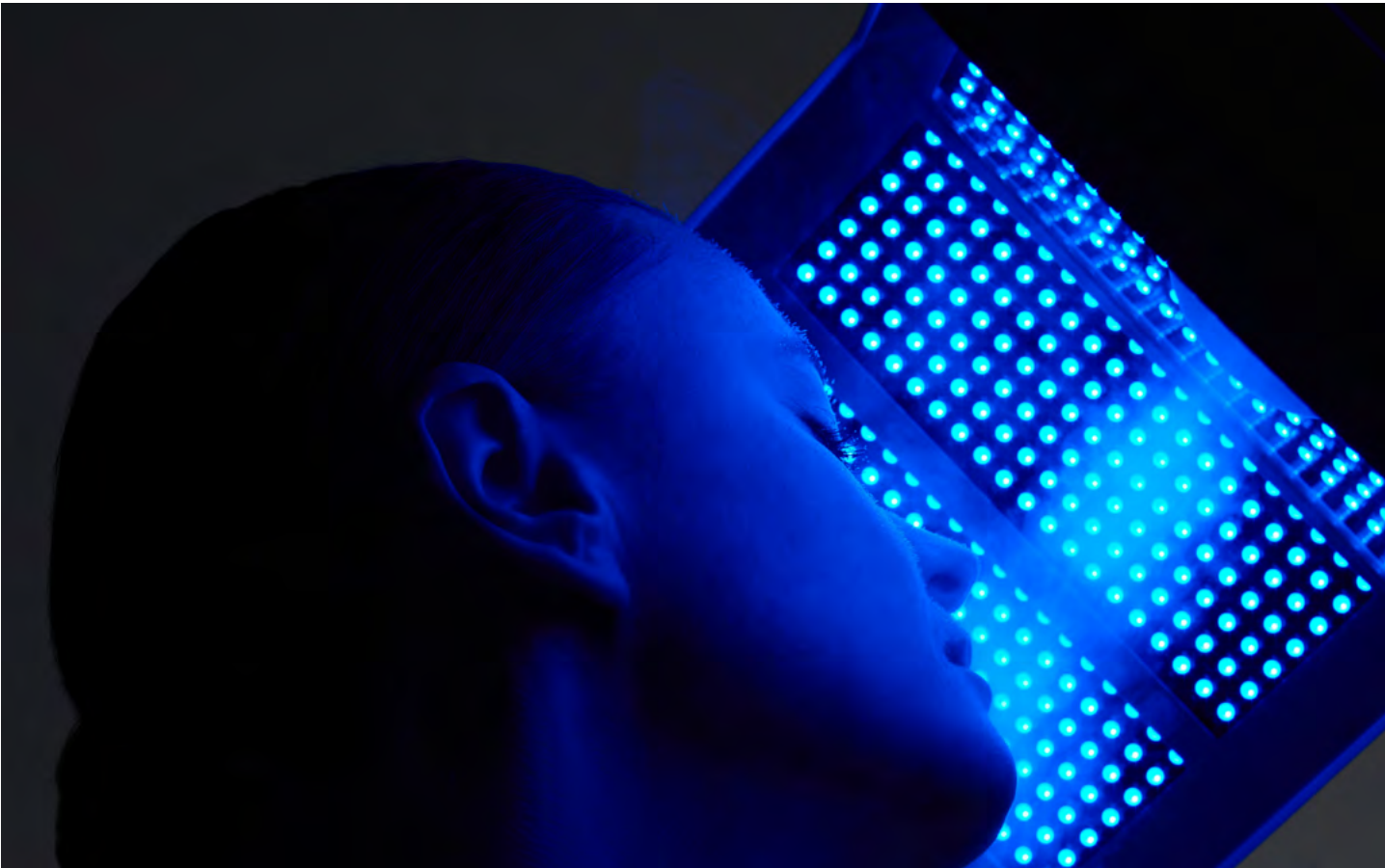
UNIQUE EXPERTISE

Because ultimate well-being and letting go are at the heart of our philosophy, Spa Nescens is committed to offering every guest an unforgettable wellness journey. Discover a unique and ideal place to rethink, to enjoy a holistic interlude combining technical expertise, unique touches and extreme personalization. A memorable experience and high-performance treatments thanks to the flawless efficacy of Nescens cosmeceuticals.

NESCENS COSMECEUTICAL TREATMENTS

Formulated under the supervision of Professor Jacques Proust, Nescens products offer a rejuvenating beauty-aging approach. Each preparation contains selected ingredients with scientifically proven properties. To achieve the highest degree of efficacy, these active ingredients are incorporated at optimum concentrations.





NESCENS AND OXYLIGHT FACIAL TREATMENTS

Our facial treatments are carried out using cutting-edge OxyLight technology combined with diamond dermabrasion, oxygen treatment, ultrasound, microcurrent, and LED light, promising transformed skin and an enhanced complexion.

RESET TREATMENT

Aims: Deep cleansing – Hydration

This skin-boosting treatment begins with diamond dermabrasion, followed by the application of a Nescens restorative mask whose action is enhanced tenfold by LED therapy. The treatment ends with a high-pressure oxygen spray for powerful, long-lasting moisturizing action.

1h: CHF 300

REPAIR TREATMENT

Aims: Repair – Regeneration

During this treatment, the action of High-Frequency Ultrasound encourages cell regeneration and plumps the skin. The lipid-replenishing mask generously massaged into the face during the LED therapy and ionized oxygen session reduces inflammation and deeply nourishes the skin. A comforting ritual that reinforces the skin's natural repair process.

1h: CHF 300

LIFT & SCULPT TREATMENT

Aims: Firmness – Toning

Microcurrent is at the heart of this treatment, lifting the cheekbones while toning your skin and enhancing your eyes. By combining Nescens products with LED lights and ionized oxygen, tissue regeneration is accelerated, giving your face a new youthfulness.

1h: CHF 300

ULTIMATE METAMORPHOSIS TREATMENT

Aims: Deep cleansing – Firming – Moisturizing

An exceptional treatment for people seeking immediate, visible and lasting results. Combining diamond dermabrasion, high-frequency ultrasound, microcurrent, LED therapy and oxygen diffusion, the skin is reborn, regaining its radiance and firmness. The features are incredibly smoothed and the oval of the face redefined. The action of the Nescens products used in each stage of the treatment is multiplied tenfold, optimizing cell regeneration and collagen production.

1h30: CHF 420

EXCELLENCE TREATMENT

*Aims: Deep Cleansing – Regeneration
Natural Lift*

A unique experience for those looking for unmatched results, bringing together technology and practical expertise. The combination of OxyLight and Better Aging facial massage promotes skin renewal, smooths skin, and redefines facial contours. In 2 hours, signs of fatigue disappear, leaving a radiant complexion.

2 h: CHF 510

Package 6 x 1-hour facial treatments: CHF 1680

(Value per treatment: CHF 280)

Except for body technologies and aesthetic medicine, Spa Nescens treatments are subject to a weekend surcharge of CHF 20.

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 BetterAging Body Ritual back massage, offering a holistic moment of repair and rejuvenation.

1h: CHF 230

1h30: CHF 320

NESCENS CELLULAR REJUVENATION RITUAL

Meso-aesthetics for immediate results. An exceptional treatment dedicated to enhancing the skin, plumping it 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.

1h30: CHF 340

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.

1h30: CHF 330

Except for body technologies and aesthetic medicine, Spa Nescens treatments are subject to a weekend surcharge of CHF 20.

REPAIRING AND MOISTURIZING TREATMENT

A treatment that soothes and deeply regenerates reactive skin structures, ideal after a day at the beach. 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 90-minute option, skin regains resilience, softness and comfort, the facial massage is extended and the mask is accompanied by a foot and hand massage.

1h: CHF 240

1h30: CHF 330

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 bright, glowing and soothed skin.

1h: CHF 230



EXPERT FACIAL RITUALS

Expert Rituals facials are treatment protocols benefiting from the unique savoir-faire of Clinique Nescens skin experts, combined with highly concentrated Nescens products delivering peerless results. Their action is reinforced by efficacy boosters associating meso-aesthetics with accessories dedicated to enhancing 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

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. Let the stress of the day fade away to enjoy an instant glow and long-lasting hydration.

30 min: CHF 150

EYE CONTOUR RENEWAL TREATMENT

A ritual dedicated to enhancing the beauty of the gaze 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 150

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, as well as incomparable radiance.

30 min: CHF 150

FACIAL ENDERMOLOGIE (LPG)

Through this exclusive technique, your face regains its radiance and vitality. Facial endermologie, also known as LPG, awakens the synthesis of collagen, hyaluronic acid, and elastin, delivering spectacular results and luminous skin.

30 min: CHF 150

Expert rituals can be performed alone or after a treatment.

EXPERT FACIAL RITUAL

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 the skin and tightens pores. Finally, a targeted facial massage with lifting and reshaping movements enhances skin radiance and firmness, eliminating signs of fatigue.

30 min: CHF 150

Except for body technologies and aesthetic medicine, Spa Nescens treatments are subject to a weekend surcharge of CHF 20.

BETTER-AGING MESSAGE

This detoxifying, stimulating and draining massage targets all muscle and energy flows, concentrating mainly on your most sensitive areas as part of a long-term preventive approach. This results in lasting relaxation. This massage releases blockages and eases tension, while activating cell regeneration and stimulating skin oxygenation as well as muscle tone.

1h: CHF 220

1h30: CHF 280

2h: CHF 350

MUSCLE AND REPAIR MESSAGE

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.

1h: CHF 240

1h30: CHF 320

DESTRESSING MESSAGE

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.

1h: CHF 220

1h30: CHF 280

Except for body technologies and aesthetic medicine, Spa Nescens treatments are subject to a weekend surcharge of CHF 20.

VISCERAL MESSAGE

This massage enables movement in the abdomen’s fascia and viscera. Precise movements soothe tension, boost blood and lymphatic circulation, facilitate digestion, and relieve abdominal and spinal pain. This enables the abdomen – the body’s “second brain” – to function harmoniously.

1h: CHF 220

3-IN-1 MESSAGE

A signature slimming, shaping, and anti-cellulite Treatment. This massage improves the figure’s overall appearance, for both women and men. Alternating between different manual and tool-based massage techniques, the specialist protocol improves venous and lymphatic circulation, eliminates toxins, and relieves abdominal discomfort. The 1.5-hour treatment includes a targeted firming wrap, optimizing the effects of the massage.

1h: CHF 220

1h30: CHF 280



NESCENS MESSAGES

Always looking for techniques to optimize each guest’s longevity, the osteopaths and experts at Clinique Nescens have developed advanced massage protocols designed to accelerate the recovery process, encourage letting go, improve sleep patterns, and give an overall detox.





SPECIFIC MASSESAGES

Specific massages are a combination of relaxing movements and tailor-made protocols designed to provide well-being through life’s different stages.

HOT OR COLD VOLCANIC STONE MASSAGE

This relaxing sensory treatment promotes balance in your body’s energy centers. It ensures harmony between the physical and the mental realms and encourages deep relaxation.

1h: CHF 220

1h30: CHF 280

FOCUSED MASSAGE

Focusing on the head, feet, back or legs, targeted massage is the ideal prelude to a Nescens facial treatment, or to enjoy a moment of complete relaxation after a long day.

30 min: CHF 130

PRE-NATAL TREATMENT

The Spa Nescens has created a ritual devoted to helping future mothers feel beautiful and lighter during their pregnancy. The treatment begins with a foot, leg, and back massage to relieve tension and provide a feeling of lightness, followed by the Better-Aging facial ritual to restore radiant skin, a refined complexion, and radiant look.

The Prenatal Ritual can be performed from the third month to the end of the eight months of pregnancy.

1h30: CHF 360

NEW MUM RITUAL

A combination of two face and body expert treatments that allow for optimal recovery after pregnancy and childbirth. Pulsation therapy allows the body to rebalance and regain its lightness by encouraging lymphatic drainage and improving blood flow. After this, the "Ultimate Metamorphosis" facial treatment with Oxylight technology gives your skin unparalleled radiance while strengthening its elasticity, hydration, and firmness.

2h: CHF 550

Except for body technologies and aesthetic medicine, Spa Nescens treatments are subject to a weekend surcharge of CHF 20.

BODY TREATMENTS AND ADVANCED TECHNOLOGIES

Using the latest technology, Spa Nescens has designed bespoke protocols for optimizing stress management, recovery, eliminating waste, and body shaping. True efficiency boosters, these technologies are the perfect complement to a massage, slimming treatment, physical activity or Nescens facial.

INFRATHERAPY

*Aims: Energy – Detox – Slimming
Relaxation – Sport Recovery – Skin Health*

Whether carried out alone or combined with another treatment, the infratherapy dome allows your body to absorb energy from long infrared rays, receiving their benefits. In one session, the nervous system is soothed, energy is restored to your body, toxin elimination is increased, and deep drainage is enabled, reducing muscle pain and aches.

35 min: CHF 130

45 min: CHF 160

Package 9 x 35 min + 1 free: CHF 1'170

(Session value: CHF 117)

1 hour massage + 45-minute Infratherapy: CHF 350

PULSOTHERAPY

*Aims: Circulation – Heavy Legs Drainage – Detox
Postpartum – Sport Recovery*

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 repair 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 130

9 sessions + 1 free: CHF 1'170

(session value CHF 117)

Except for body technologies and aesthetic medicine, Spa Nescens treatments are subject to a weekend surcharge of CHF 20.





EMSCULPT

Aims: Reduce adipose tissue and figure shaping.

A non-invasive technique that helps tone stomach and gluteal muscles and reduce adipose tissue. In just four 30-minute sessions, 2 to 3 days apart, your body is shaped with a 25% increase in muscle mass and a 30% slimming effect.

30 min: CHF 250
5 sessions: CHF 1'000
(session value: CHF 200)
10 sessions: CHF 1'500
(session value: CHF 150)

LPG ENDERMOLOGIE

Aims: Release and reduce adipose tissue, reduce heavy legs, firm and smooth the skin.

Body endermologie optimizes the lipolysis (fat elimination) process, lymphatic drainage, stimulates blood circulation, and eliminates toxins.

45 min: CHF 190
10 sessions: CHF 1'700
(session value: CHF 170)

Except for body technologies and aesthetic medicine, Spa Nescens treatments are subject to a weekend surcharge of CHF 20.

RESHAPING BODY TREATMENT

Aims: Reduce adipose tissue, boost circulation, figure shaping.

The Nescens Reshaping protocol is a one-of-a-kind body treatment combining Emsculpt and LPG Endermologie technologies with a draining and reshaping massage, aimed at shaping your figure, toning your body, and reducing fat.

1h45: CHF 470
5 sessions: CHF 2'250
(session value: CHF 450)

BALNEOTHERAPY, BODY SCRUB AND BODY WRAP

Body treatments designed to rejuvenate your skin, leaving you feeling lighter and revitalized.

DETOX AND REVITALIZING PROGRAM

Expertly developed to deeply purify and fully regenerate your body. This protocol begins with a balneotherapy session with essential oils, which aims to eliminate toxins and restore your natural energy. This is followed by an exfoliating body scrub and regenerating wrap specially designed to nourish and firm your skin while eliminating impurities. The treatment ends with our 1-hour Signature Better-Aging Massage, designed to soothe muscle tension and stimulate blood circulation.

2h20: CHF 390

BALNEOTHERAPY WITH ESSENTIAL OILS

Slimming, detoxifying, regenerating, relaxing or recovery.

20 min: CHF 90

Except for body technologies and aesthetic medicine, Spa Nescens treatments are subject to a weekend surcharge of CHF 20.

PERSONALIZED BODY SCRUB

A moment of deep purification to boost your circulation, renew tissues and deliver unparalleled softness to the skin. In one hour, a feeling of lightness is produced and your skin is transformed. The Spa Nescens experts recommend a 30-minute treatment when followed by a massage.

30 min: CHF 130

1h: CHF 220

CUSTOMIZED BODY WRAP

A moment of deep relaxation with draining, anti-fatigue, and detoxifying effects.

30 min: CHF 130

1h: CHF 190





ESTHETIC MEDICINE

Esthetic doctors of Clinique Nescens offers innovative skin rejuvenating and beautifying treatments. Combined with Nescens treatments, the results are instant, natural, and long-lasting.

At Spa Nescens

ESTHETIC MEDICINE CONSULTATION

1h: CHF 150

At Clinique Nescens

PROPHILO INJECTION

A Prophilos injection is a unique deep skin rehydration treatment that works by stimulating the skin's collagen and elastin production through the slow release of hyaluronic acid. The product is delivered to the face and body through diffusion.

From CHF 550

HYALURONIC ACID INJECTION

Used to fill in wrinkles and hollows, increase lip volume, and erase wrinkles on certain areas of the face, the results of hyaluronic acid injections are significantly increased when accompanied by a Botox treatment.

From CHF 650

MEDICAL PEELING

For medical peelings, a chemical agent is applied to the skin to exfoliate the superficial layers of the epidermis and stimulate tissue regeneration. The main indications for medical peelings procedures are: dilated pores, spots, small acne scars.

From CHF 230

SKIN BOOSTER AND REHYDRATION

Weakly or non-cross-linked hyaluronic acid delivered via intradermal injection to treat superficial skin depressions such as fine lines, and to improve skin quality by increasing hydration and elasticity.

1h: CHF 450

BOTOX INJECTION

Botox can be used to treat forehead wrinkles, lift the eyebrows, and redefine facial contours in both women and men. It erases troublesome wrinkles in a targeted way without freezing or altering the facial expression.

From CHF 400

EXOSOME THERAPY

Tiny vesicles emitted by cells, exosomes play a crucial role in transmitting intercellular signals. This non-invasive treatment is a one-of-a-kind method to combat hair loss and the signs of skin aging, including fine lines, spots, pore reduction, correcting dehydration, and optimizing skin healing.

From CHF 650

Except for body technologies and aesthetic medicine, Spa Nescens treatments are subject to a weekend surcharge of CHF 20.

OSTEOPATHY AND NUTRITION

An opportunity to be supported by Clinique Nescens experts and achieve your fitness, performance, and health goals.

OSTEOPATHY

With their global approach to the body, perfect knowledge of joint, muscular, visceral, and cranial mobility, and in-depth understanding of postural habits, the Spa Nescens osteopaths help you feel better, perform better during your workouts, and hold the key to relieving injuries, tension, and discomfort related to poor posture.

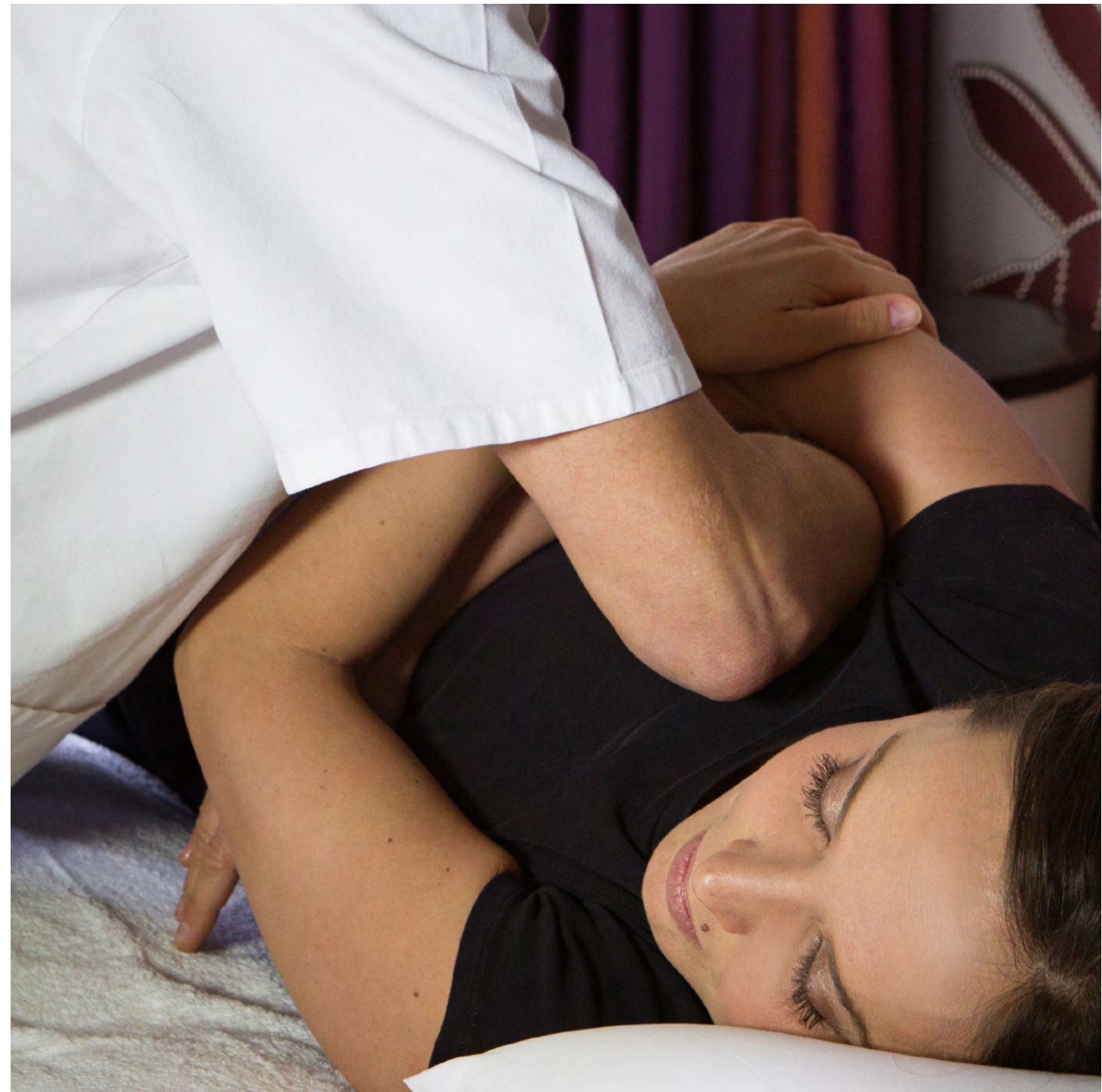
45 min: CHF 180

NUTRITION

Through a detailed, overall assessment, Nescens nutritionists offer personalized programs to adjust your weight, increase digestive comfort, make your performance more competitive, and improve the quality of your sleep. You will be offered a personalized program that enables you to improve digestive comfort, be more competitive, improve your sleep quality, and make healthy adjustments to your weight.

45 min: CHF 180

Except for body technologies and aesthetic medicine, Spa Nescens treatments are subject to a weekend surcharge of CHF 20.





NESCENS BETTER-AGING JOURNEYS

In the unique setting of La Réserve Genève, Spa Nescens has dreamt up exclusive stays where you receive maximum benefits. Focused on optimizing overall rejuvenation, fitness, and health, these stays pivot around the renowned expertise of Clinique Nescens, pioneers in healthy aging.

Through an assessment conducted by the Nescens team of experts and tailor-made programs combining physical activity, cutting-edge Nescens treatments, and a healthy, balanced diet, stress disappears, your energy is replenished, and your health capital is preserved.

LENGTH OF STAY	4 DAYS	6 DAYS
EXPERTISE AND CONSULTATION <ul style="list-style-type: none"> • Blood test to assess the women’s cycle, followed by a consultation with the Clinique Nescens doctor • Osteopathy Assessment • Nutrition Assessment • Skin Health Consultation 	<ul style="list-style-type: none"> - ✓ ✓ - 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓
PHYSICAL ACTIVITY <ul style="list-style-type: none"> • Personalized coaching session 	3	5
WELLNESS AND SKINCARE PROTOCOL <ul style="list-style-type: none"> • Muscle Repair Massage • Abdominal Massage • Infratherapy Session* • 3-in-1 Body Massage • Pulsotherapy Session* • Reshaping Body Treatment • Ultimate Metamorphosis Facial • Osteopathy or Posturology Session 	<ul style="list-style-type: none"> - 1 1 1 2 1 1 - 	<ul style="list-style-type: none"> 1 1 2 1 4 2 2 1
NUTRITION PROGRAM <ul style="list-style-type: none"> • Better-Aging Menu 	✓	✓
RATES (excluding accommodation)	CHF 2’900	CHF 5’900

* The programs of the infratherapy and pulsotherapy sessions will be personalized according to the needs of each person.
 * The blood test and the preventive medicine consultation are included in the 6-day Better-Aging stay for women

WOMEN BETTER-AGING JOURNEY
Regeneration – Balance – Overall Beauty

A 100% female stay supervised by Clinique Nescens, combining a *blood test, regenerative medicine consultation, and support from movement and nutrition experts.

The sports activities, high-performance body and facial treatments, and nutrition program offered during your stay are then adapted to optimize cellular and metabolic stabilization, stimulate overall rejuvenation, and preserve each person’s health capital.



PHYSICAL PERFORMANCE JOURNEY

Energy – Tone – Vitality

A personalized program combining targeted training, adapted nutrition, and restorative care. This stay has been carefully designed to increase your potential and achieve your goals.



TYPICAL DAY

- 8am: Wellbeing breakfast
- 9am: Cross Training
- 11am: Sport Infratherapy
- 1.30pm: Balanced lunch at Café Lauren
- 3pm: Reshaping Body Treatment
- 4.30pm: Active stretching
- 6pm: Circulation Pulsotherapy
- 7pm: Restorative dinner

LENGTH OF STAY	4 DAYS	6 DAYS
EXPERTISE AND CONSULTATION <ul style="list-style-type: none">• Osteopathy Assessment• Nutrition Assessment• Skin Health Consultation	<div>✓</div> <div>✓</div> <div>-</div>	<div>✓</div> <div>✓</div> <div>✓</div>
PHYSICAL ACTIVITY <ul style="list-style-type: none">• Personalized coaching session	4	6
WELLNESS AND SKINCARE PROTOCOL <ul style="list-style-type: none">• Muscle Repair Massage• Abdominal Massage• Infratherapy Session*• 3-in-1 Massage• Pulsotherapy Session*• Reshaping Body Treatment• Lift & Sculpt Facial• Osteopathy or Posturology Session	<div>1</div> <div>1</div> <div>2</div> <div>-</div> <div>4</div> <div>1</div> <div>-</div>	<div>2</div> <div>1</div> <div>2</div> <div>1</div> <div>4</div> <div>2</div> <div>1</div>
NUTRITION PROGRAM <ul style="list-style-type: none">• Better-Aging Menu	<div>✓</div>	<div>✓</div>
RATES (excluding accommodation)	CHF 2'900	CHF 4'900

* The programs of the infratherapy and pulsotherapy sessions will be personalized according to the needs of each person.

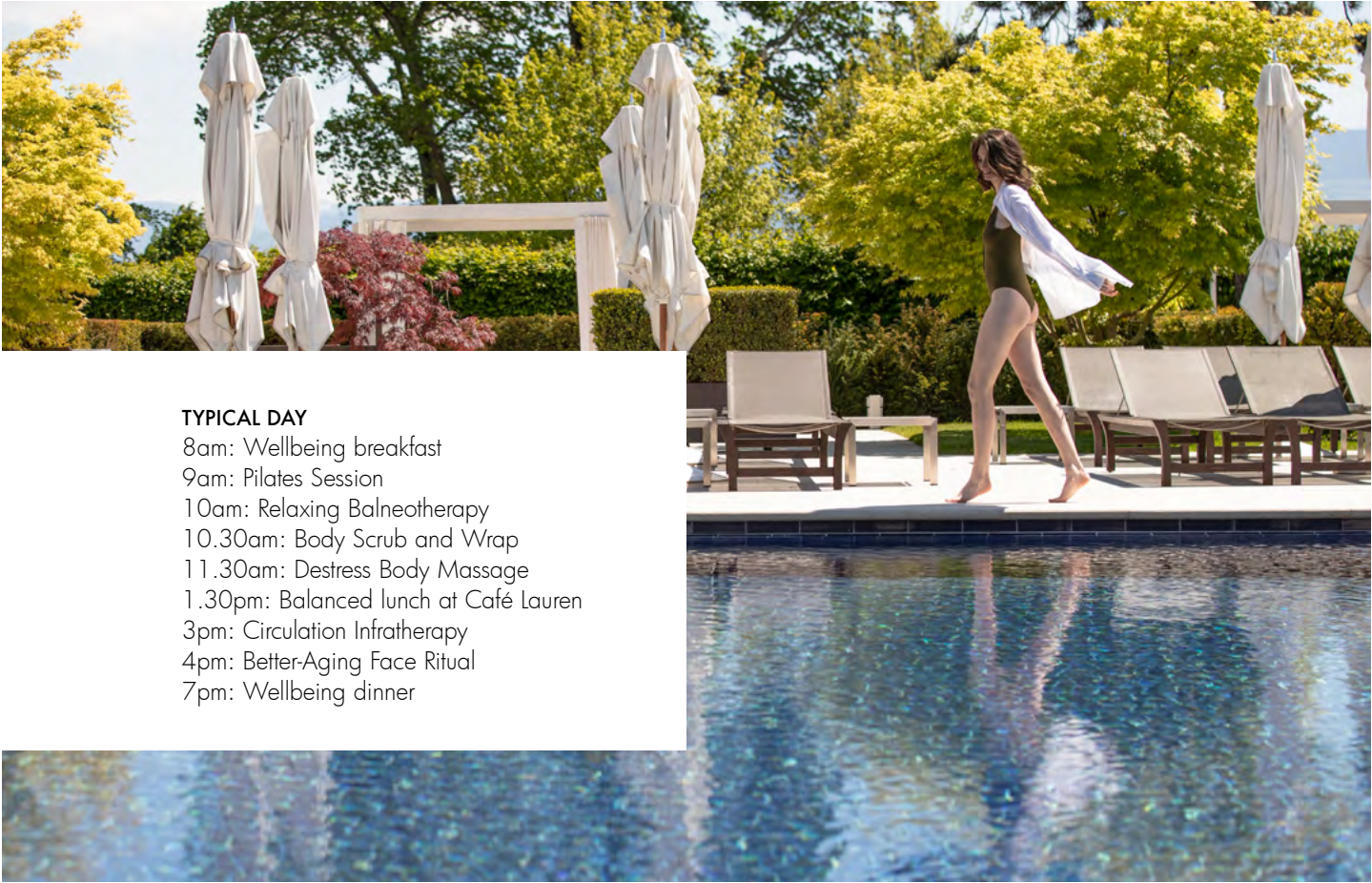
LENGTH OF STAY	4 DAYS	6 DAYS
EXPERTISE AND CONSULTATION		
• Osteopathy Assessment	✓	✓
• Nutrition Assessment	✓	✓
• Skin Health Consultation	-	✓
PHYSICAL ACTIVITY		
• Personalized coaching session	3	5
WELLNESS AND SKINCARE PROTOCOL		
• Osteopathy or Posturology Session	-	1
• Relaxing Balneotherapy	1	2
• Personalized Body Scrub	1	2
• Personalized Body Wrap	1	2
• Destressing Massage	1	2
• Better-Aging Body Massage	-	2
• Muscle Repair Massage	-	1
• Infratherapy Session*	1	3
• Pulsotherapy Session*	2	4
• Better-Aging Face Ritual	1	1
• Oxylight Excellence Facial	1	1
NUTRITION PROGRAM		
• Better Aging Menu	✓	✓
RATES (excluding accommodation)	CHF 2'900	CHF 4'900

* The programs of the infratherapy and pulsotherapy sessions will be personalized according to the needs of each person.

MENTAL ESCAPE JOURNEY

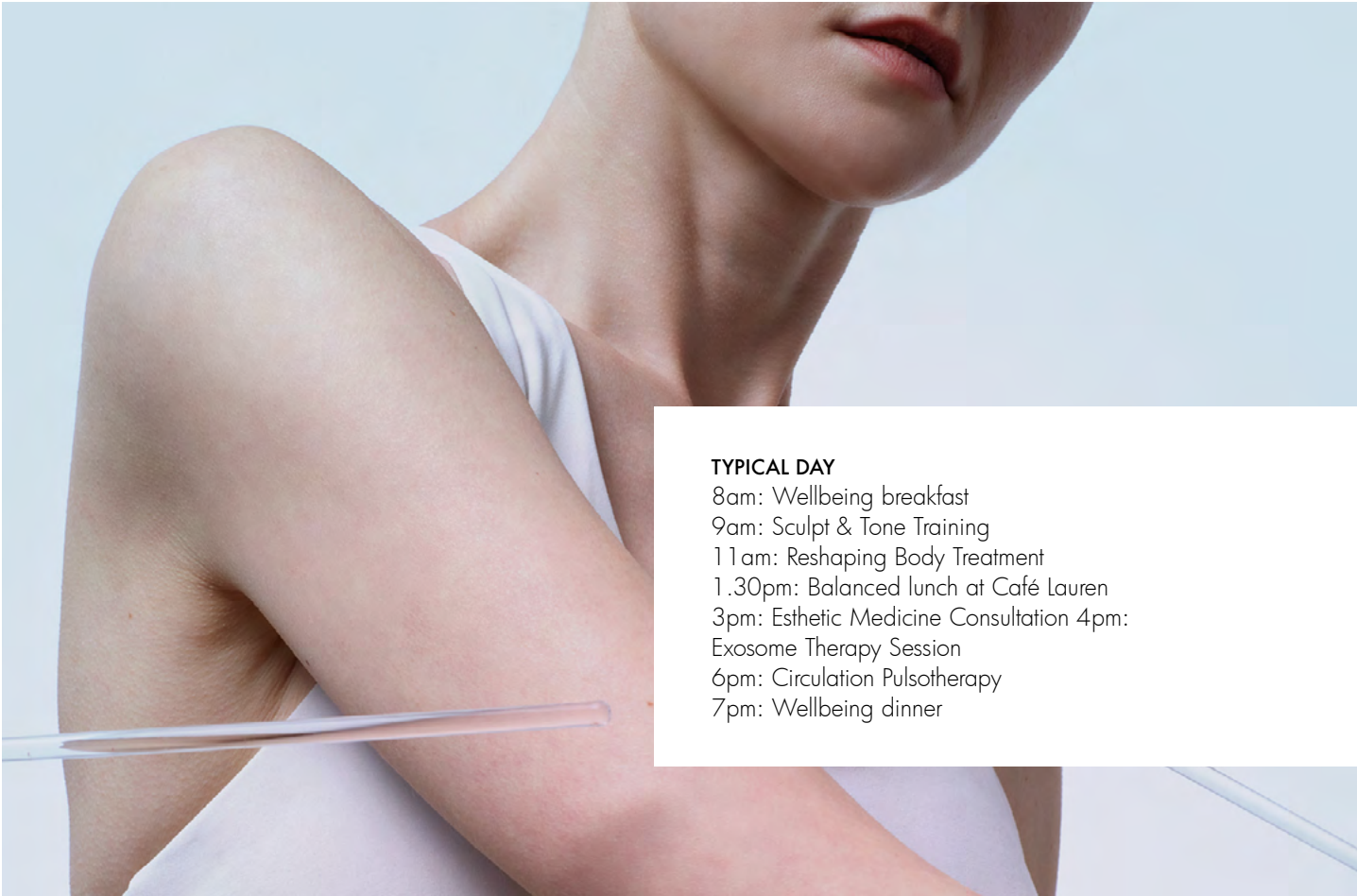
Calming – Letting go – Serenity

The Spa Nescens experts at La Réserve Genève have combined their best treatments and activities for a stay dedicated to switching off completely. An opportunity to recharge, regain optimal physical and mental vitality, and reduce the harmful effects of chronic stress.



TYPICAL DAY

8am: Wellbeing breakfast
9am: Pilates Session
10am: Relaxing Balneotherapy
10.30am: Body Scrub and Wrap
11.30am: Destress Body Massage
1.30pm: Balanced lunch at Café Lauren
3pm: Circulation Infratherapy
4pm: Better-Aging Face Ritual
7pm: Wellbeing dinner



HIGH PERFORMANCE FACE AND BODY JOURNEY

Full rejuvenation – Energy – Figure Shaping

A one-of-a-kind program created by the Spa Nescens experts at La Réserve Genève. Four days to shape your figure, balance your facial contours, and enhance your natural beauty through powerful, non-invasive treatments that offer immediate, lasting results.

TYPICAL DAY
8am: Wellbeing breakfast
9am: Sculpt & Tone Training
11am: Reshaping Body Treatment
1.30pm: Balanced lunch at Café Lauren
3pm: Esthetic Medicine Consultation 4pm: Exosome Therapy Session
6pm: Circulation Pulsotherapy
7pm: Wellbeing dinner

LENGTH OF STAY	4 DAYS
EXPERTISE AND CONSULTATION <ul style="list-style-type: none">• Osteopathy Assessment	✓
<ul style="list-style-type: none">• Esthetic Medicine Consultation	✓
PHYSICAL ACTIVITY <ul style="list-style-type: none">• Personalized coaching session	3
WELLNESS AND SKINCARE PROTOCOL <ul style="list-style-type: none">• Exosome Facial Therapy Session	1
<ul style="list-style-type: none">• Exosome Neck Therapy Session	1
<ul style="list-style-type: none">• Exosome Decolleté Therapy Session	1
<ul style="list-style-type: none">• Exosome Hair Therapy Session	1
<ul style="list-style-type: none">• Prophilu Body Hyaluronic Acid Injection	3
<ul style="list-style-type: none">• Ultimate Metamorphosis facial	1
<ul style="list-style-type: none">• Pulsotherapy Session*	1
<ul style="list-style-type: none">• Reshaping Body Treatment	1
NUTRITION PROGRAM <ul style="list-style-type: none">• Better-Aging Menu	✓
RATES (excluding accommodation)	CHF 6'300

* The programs of the infratherapy and pulsotherapy sessions will be personalized according to the needs of each person.

NESCENS SPA DAYS

Holistic programs combining high-performance Nescens treatments, as well as exclusive access to the fitness room, sauna, hammam, and indoor pool for an experience completely dedicated to your well-being. A healthy, balanced lunch at Café Lauren further enhances a beautiful day.

ENERGY DAY

- Personalized Balneotherapy (20 min)
- Restorative Infratherapy (45 min)
- Muscle Repair Massage (1h30)
- Lunch at Café Lauren
- Better-Aging Face Ritual (1h30)

Energy day (4h25): CHF 870

RE NESCENS DAY

- Circulation Infratherapy (45 min)
- 3-in-1 Figure Shaping Massage (1h)
- Lighter Legs Pulsotherapy (20 min)
- Lunch at Café Lauren
- Re Nescens Facial (1h30)
- Manicure or Pedicure (1h)
- Hair styling (1h)

Re Nescens Day (5h05): CHF 870

REGENERATIVE DAY

- Regenerating Infratherapy (45 min)
- Body Scrub and Wrap (1h)
- Better-Aging Body Massage (1h)
- Lunch at Café Lauren
- Ultimate Metamorphosis Facial (1h30)
- Restorative Pulsotherapy (20 min)

Regenerative Day (4h35): CHF 870





BEAUTY STUDIO

HAND BEAUTY

Nail care and polish application (1h) CHF 120

EXPRESS HAND BEAUTY

Hand care, maintenance, exfoliation, moisturizing, or nail polish application (30 min) CHF 80

SEMI-PERMANENT

Semi-permanent varnish application
A supplement of CHF 40 will be charged for a withdrawal.

FOOT BEAUTY

Aesthetic foot and nail care, exfoliation, and varnish application (1h) CHF 130

FOOT BEAUTY EXPRESS

Foot care and moisturizing or nail polish application (30 min) CHF 90

WIPING

- Wax or threading.
- Lip CHF 40
 - Chin CHF 40
 - Nose CHF 40
 - Ears CHF 40
 - Eyebrows CHF 40
 - Face CHF 80
 - Underarms CHF 50
 - Arms CHF 50
 - Classic bikini CHF 70
 - Brazilian bikini CHF 90
 - Full bikini CHF 100
 - Half legs CHF 80
 - Complete legs CHF 100
 - Neck & shoulders CHF 60
 - Back CHF 100
 - Torso & abdomen CHF 100

TINTING

- Eyelash or eyebrow CHF 70
- Eyelash and eyebrow CHF 90

ROSSANO FERRETTI HAIR SPA

The only salon in Switzerland run by Rossano Ferretti, creator of the Ferretti Metodo cut, is at La Réserve Genève. “Be yourself, sublimated by a hairstyle in motion, never primed or stereotyped, the perfect mix of elegance and spontaneity”.

STYLING

Transformation cut
Shampoo, cut, blow-dry
Shampoo, blow-dry
Hair tie, bun
Shampoo, cut, styling for men

SENIOR HAIR STYLIST

CHF 350
from 170 to CHF 210
from 80 to CHF 100
from 90 to CHF 150
from 70 to CHF 90

ARTISTIC DIRECTOR

CHF 350
from 220 to CHF 250
from 90 to CHF 110
from 120 to CHF 180
from 80 to CHF 100

COLOR

Color
Highlights, balayage
Aquarella

CHF 100
from 150 to CHF 200
CHF 130

from 120 to CHF 150
from 180 to CHF 250
CHF 150

HAIR SPA

Soin Intenso Treatment
Soin Vita Treatment or Soin Dolce Treatment
Soin Prodigio Treatment

CHF 60
CHF 60
CHF 90

CHF 60
CHF 60
CHF 90

EXTENSIONS

Consultation
Fitting, cut, brushing

CHF 50
from CHF 800

CHF 50
from CHF 800

WEDDING

Consultation and trial
Full day

CHF 300
CHF 2'500

CHF 350
CHF 3'000





FITNESS STUDIO

The Spa Nescens offers members and guests of La Réserve Genève two indoor and outdoor pools, hammams, saunas, cardio training, fitness and strengthening areas, as well as 2 tennis courts, one of which is covered in winter. In addition to the extensive facilities, sports coaches are always on hand to draw up your personalized program according to your needs and objectives to monitor your performance. The indoor fitness areas are fully equipped with the latest-generation Technogym and Kinesis machines, complete with computer memory and personal key, so you can follow each session and track your progress over time. They are complemented by a Functional Zone.

PERSONAL TRAINING SESSION

Aquabike, Aquagym, Pilates, Cardio dance, Running...

1h: CHF 140

GROUP CLASSES

Pilates, Stretching, Yoga, ballet, step, respiration, Aquagym, Wellness Gym, Postural Gym, Abs-glutes, training circuit, Running*.

*Group classes are displayed in the spa. For safety and quality reasons, access to classes is limited. Group classes are exclusively reserved and offered to members and guests staying at the hotel.

CAFE LAUREN

Light seasonal cuisine, developed with a team of nutritionists and Eric Canino, two Michelin starred chef at La Réserve Ramatuelle.

Together, the team has created a menu that gives equal attention to flavors in the carefully selected ingredients, the order in which foods are eaten, as well as regulating carbohydrate intake and hydration.

The Café Lauren menu perfectly balances pleasure and health through optimal combinations of protein and vegetables, essential for enabling the body to balance its energy levels throughout the day and promoting optimal recovery after workouts.

Each dish is displayed with a caloric and vitamin intake to support you in your choices.

Healthy, comforting drinks and balanced gourmet snacks can be enjoyed on site or taken away.

Open daily from 10am to 7pm.



THE CLUB AT LA RÉSERVE GENEVE

The Club at La Réserve Genève helps you feel balanced, fit, and in perfect health to become the best version of yourself. Join the Club and enjoy an unparalleled sports and wellness program, as well as exclusive benefits at the Spa Nescens and the Hotel.



TYPICAL GROUP CLASS PROGRAM

- 10.30am: Aquagym
- 11.30am: Yoga
- 12.30pm: Floor Barre
- 6.30pm: BoxFit
- 7pm: Stretching

	CLUB ADVANTAGES
EXPERTISE AND CONSULTATION <ul style="list-style-type: none">• Osteo-Articular Assessment• Follow-up Osteopathy Session• Health and Longevity Assessment at Clinique Nescens• Nutrition Assessment	1 1 1 1
PHYSICAL ACTIVITY <ul style="list-style-type: none">• Personal Training• Access to the group class program and sport events• Exclusive access to the Fitness room, Indoor Pool, and Outdoor Pool in the summer season	25 ✓ ✓
WELLNESS AND SKINCARE PROTOCOL <ul style="list-style-type: none">• Nescens Facial• Shampoo, Blow-dry or Men's Cut at the Rossano Ferretti Salon• 10% discount on all face and body treatments• 10% discount on products sold at the Spa Nescens	1 1 ✓ ✓
GASTRONOMY <ul style="list-style-type: none">• Lunch for 2 people at Café Lauren, excluding drinks• 10% discount on the menu excluding drinks	1 ✓
EXCLUSIVE BENEFITS AT LA RÉSERVE GENÈVE <ul style="list-style-type: none">• Preferential prices on accommodation*• Access to La Réserve Concierge service (restaurant and show reservations, etc.)• Summer season transfers between La Réserve and the center of Geneva aboard the Motoscafo.• Parking and valet service• Childcare for children aged 6 months to 12 years old at La Petite Réserve for the duration of your treatment or during your stay at the hotel, every day from 9am to 6pm.• Exclusive advantages at La Réserve hotels (Ramatuelle, Paris, Zurich)*	✓ ✓ ✓ ✓ ✓ ✓
FRIENDS & FAMILY <ul style="list-style-type: none">• Invitations**	10

*except during high season and subject to availability, by reservation.

**Package of 10 additional invitations available for sale

CLINIQUE NESSENS

Optimize your performance, transform your lifestyle and identify your risks: at Clinique Nescens, located in the Swiss mountains, you'll benefit from first-rate medical and scientific expertise in a privileged, upmarket setting. Using a holistic approach, we offer personalized medical checkups and innovative treatment

programs, as well as regenerative medicine options. Located near Geneva, Clinique Nescens benefits from the latest medical technologies and an exclusive pool of world-renowned specialists, who will make prevention and lifestyle optimization the central focus of your stay.



GENERAL INFORMATIONS

ACCESS TO SPA NESSENS

Access to the Spa is reserved for guests aged 14 and over. The fitness and relaxation areas (swimming pool, fitness room, sauna, hammam, tennis court) are accessible only to guests staying at La Réserve Genève, Club members and guests benefiting from a Spa Day. Treatments are available to external guests.

CHILDREN'S ACCESS

Children under 16 must be accompanied by their parents or a responsible adult. They are welcome in the pool from 2pm. to 4pm. only.

RESERVATION

We invite you to book your treatments in advance by phone on +41 (0)22 959 59 99 or by email at spageneve@spanescens.com. We recommend that you arrive 20 to 30 minutes before your appointment time, so that you can enjoy a hammam session and refreshments before your treatment begins. 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.

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 and towels, as well as all the toiletries you need to freshen up. A locker with a keypad 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, which can be secured using a code.

SPA NESSENS BOUTIQUE

Nescens face and body cosmeceuticals are available exclusively in our boutique and on our online boutique <https://shop.lareserve.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. Our Signature La Réserve candles and home fragrances are also on sale in our boutique.

GIFT BOXES

Gift boxes are available at the Spa reception desk and on our [lareserve-geneve.com](https://www.lareserve-geneve.com) 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.

la réserve

HOTEL AND SPA

GENÈVE



LA RÉSERVE GENÈVE HOTEL AND SPA

Route de Lausanne 301 · 1293 Bellevue · Switzerland · T + 41 22 959 59 99

info-geneve@spanescens.com · www.lareserve-geneve.com

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