

SPA MENU

NESCENS
SWITZERLAND

L A R É S E R V E P A R I S H O T E L , S P A A N D A P A R T M E N T S



SPA NESSENS AT LA RÉSERVE PARIS

Spa Nescens at La Réserve Paris is a haven dedicated to relaxation while offering state-of-the-art facial and body care expertise. With its 16m-long indoor pool, hammam, fitness studio and three treatment rooms, Spa Nescens is the ideal Parisian retreat for recharging your batteries.

An opportunity to become the most beautiful version of yourself by benefiting from the scientific and medical expertise of Clinique Nescens, a pioneer in the field of aging biology and Healthy Aging.

If you wish to let go, feel a deep sense of well-being, free yourself from stress, slow down the effects of time, enjoy renewed dynamism and regain a glowing complexion, Nescens experts offer you High Performance treatments and exclusive programs.

Fitness is an integral part of the Nescens journey, with activities such as tailor-made training circuits, pilates and yoga sessions, along with the involvement of movement professionals running the Spa Nescens Club.

CONTENTS

High-performance Cosmeceuticals	6
Technology serving the Skin	9
Expert Facial Rituals	10
Skincare Boosters	13
Body Massages	14
Hair Care	17
Spa Nescens Programs	18
Beauty Studio	21
Fitness Studio	22
The Club	25
Clinique Nescens	26
General Information	29

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.





TECHNOLOGY SERVING THE SKIN

Nescens combines its scientific skin-related expertise with the use of the Tesla Med ionic flux and microcurrent emission generator.

Objectives: Deep cleansing of the skin, microlifting of the face and eyelids, brightening of the complexion, treatment of dark circles, puffiness and acne scars.

LIFTING RENOVATING CARE

After an initial nanodermabrasion step, the skin regains its radiance, pores are tightened and blemishes or other imperfections are reduced. Ionic flows combined with microcurrents remodel the face and eyelids, deeply toning the tissues. The treatment continues with the application of the Nescens lipid-replenishing mask, ideal for soothing and moisturizing the skin. In the 1h30 option, the treatment is rounded off with the comforting and soothing Nescens signature facial massage.

1h: €260

1h30: €360

Programs:

6 one-hour treatments: €1,440

(value of each treatment: €240)

10 one-hour treatments: €2,200

(value of each treatment: €220)

FOCUS EYE CARE

Ideal before an event or after a long trip. Thanks to the diffusion of ionic flows and microcurrents, this treatment lifts eyelids, erasing puffiness, dark circles and all traces of fatigue. The Nescens Renewing Gel Mask applied at the end of the treatment moisturizes the eye contour and enhances the youthful appearance of the gaze.

30 min: €160

6-treatment program: €900 (value of each treatment: €150)

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: €340

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: €240

1h30: €300

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: €300

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: €240

BETTER-AGING FACIAL

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.

1h: €240

1h30: €300



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: €160

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: €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: €160

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: €150

FOCUSED MASSAGE

Concentrated on the head, feet, back or legs, the targeted massage is the ideal prelude to a Nescens facial or simply a chance to enjoy a moment of absolute relaxation after a long day.

30 min: €150

NESCENS MASSAGES

BETTER-AGING MESSAGE

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

1h: €230

1h30: €290

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: €250

1h30: €310

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 jetlag as well the capacity for unwinding.

1h: €230

1h30: €290

SPECIFIC MASSAGES

CUSTOMIZED MESSAGE

With your therapist's advice, choose the essential oils, the pressure and the areas of the body on which to focus for a fully personalized massage tailored to your needs, designed to relieve tension and soothe your mind.

1h: €230

1h30: €290

PRE-NATAL TREATMENT

From the fourth month of pregnancy to eight and a half 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.

1h: €230



BODY 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.



HAIR CARE

With this new Hair Spa Flora concept, La Réserve Paris has opted for a new approach to hair care: Facial For Hair, a way to treat hair in the same way as skin. The aging and quality of hair notably depends on the collagen found in the bulb at the root, hence the importance of strengthening it and taking as much care of it as the rest of the skin.

PRO-COLLAGEN TREATMENT

A marvelous anti-aging and anti-hair loss treatment dedicated to repairing, regenerating and moisturizing hair by stimulating collagen production. This ritual combines expert massages, sensorial touches and cutting-edge products to boost the scalp as well as restore strength and shine to hair as a whole. The treatment is accompanied by four massage rituals, including the Flora Signature Anti-Hair Loss Massage and the use of Hair Spa Mist.

45 min: €200

As a complement to a Nescens treatment: €150

STEM CELL REVITALIZING TREATMENT

A unique experience designed to restore the scalp's vitality and rejuvenate its mechanisms in depth. The expertise of Flora products combined with the massages and touches developed for this treatment are the keys to renewing stem cells and balancing the microbiome. The promise of a true transformation of hair fibers that are both restructured and strengthened, resulting in denser, stronger, fuller hair.

45 min: €200

As a complement to a Nescens treatment: €150

BETTER-AGING PROGRAM

A body & face experience combining massage and high-performance treatment. The body regains its mobility and suppleness, the face is redefined and the skin is enhanced.

- Better-Aging body massage (1h30)
- Better-Aging facial (1h)

2h30: €490

POWERFUL RENEWAL RITUAL

Experience an exceptional moment dedicated to rejuvenation and optimizing your youthfulness. Energy is reborn, the face is plumped, skin texture is smoothed and the complexion regains its glow.

- Body scrub (30 min)
- Detoxifying body wrap (30 min)
- Targeted massage (30 min)
- Cellular Rejuvenation Ritual (1h30)

3h: €640

RELAX

An unforgettable experience dedicated to letting go and finding comfort.

- Muscular and restorative massage (1h30)
- Repairing & moisturizing facial (1h)

2h30: €470

NB: The durations of these programs include the actual treatment time, plus relaxation time in the pool and hammam.

HOLISTIC INTERLUDE

Nescens and Flora have joined forces to create an exclusive ritual designed to enhance the youthfulness of skin and hair. The promise of an immersive moment and immediate, lasting results in preventing the appearance of signs of aging.

- Better-Aging facial (1h)
- Flora Lab hair treatment (45 min)

1h45: €380

ESCAPE FOR TWO

A ritual dedicated to letting go and lasting holistic well-being for two:

- Stress-relieving massage (1h)
- Repairing and moisturizing facial (1h30)

2h30: €890



SPA NESSENS PROGRAMS

Recovery, letting go and holistic beauty are the keys to these programs, which can be started or extended with an immersive journey punctuated by the soothing comfort of the hammam and the magic of the pool.



BEAUTY STUDIO

HAND AND FOOT CARE

KURE BAAZAR RITUALS

For any hand or foot beauty treatment, you receive a complimentary Kure Bazaar nail polish in the color of your choice. Kure Bazaar is the first new-generation nail polish combining the principle of an eco-friendly formula with the vibrant colors of Parisian fashion.

Kure Bazaar manicure ritual with free polish (1h)
Filing, Brazilian manicure and nail polish application €130

Kure Bazaar pedicure ritual with free polish (1h)
Filing, Brazilian manicure and nail polish application €130

KURE BAAZAR RITUALS

Filing, Brazilian manicure or pedicure, exfoliation, sculpting and varnish application (1h15) €150

KURE BAAZAR RITUALS

Filing, varnish application (30 min) €65

SEMI-PERMANENT VARNISH

Semi-permanent varnish application (30 min) €65

Semi-permanent varnish application (30 min) €30

ESSENTIALS

HAIR STYLING

Hair styling services are reserved for our guests in the comfort of their room.

Blowdry for short hair €210
Blowdry for long hair €230
Haircut €160
Children's cut €130

WAXING

Lip €30
Chin €30
Eyebrows €35
Face €50
Underarms €50
Arms €70
Classic bikini €70
Brazilian €130
Hollywood €130
Half-legs €80
Complete legs €120
Back €90
Chest & abdomen €90

MAKE-UP

Day €180
Night €200
Sophisticated €220

FITNESS STUDIO

Regain your strength, energy and well-being with a range of sports activities in Spa Nescens at La Réserve Paris.

PRIVATE COACHING*

Accompanied by our coach, you can be sure of progressing at your own pace and in complete safety. Whatever your objective – building muscle, getting back into shape, improving your breathing or relieving tension – each coaching session is tailored to your needs and desires. Why resist a tailor-made sports experience?

Private coaching session (1h)

Solo: €140

Duo: €200

Package of 10 one-hour solo sessions

+ a one-hour treatment of your choice: €1,300

YOGA - PILATES - STRETCHING

In the comfort of your own room, enjoy a gentle sports break. Using mat-based movements, you can strengthen and soften your muscles, realign your posture and recover from your exertions through breathing exercises.

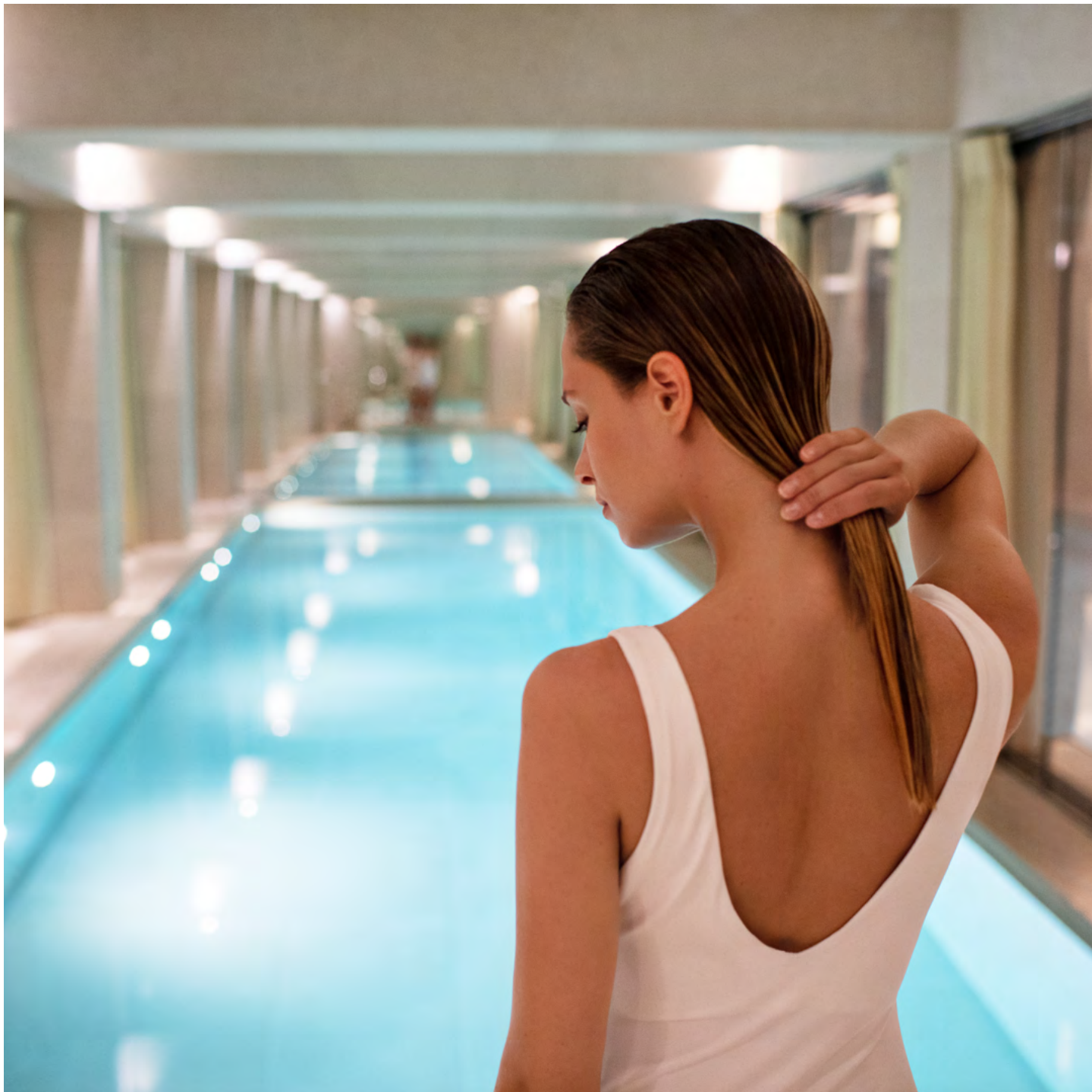
Yoga, Pilates or Stretching session (1h)

Solo: €140

Duo: €200

*Subject to prior booking 24 hours ahead





THE CLUB

BECOME A MEMBER OF SPA NESSENS

The Spa Nescens Club at La Réserve Paris is an exclusive, intensely private setting where Nescens experts and highly qualified sports coaches support you year round in achieving your health and well-being goals.

The fitness center features a Fitness Studio with Technogym and Woodway equipment, a 16m-long swimming pool and a steam room.

Being a member of the Spa Nescens Club means a chance to be one of the privileged few to enjoy the extremely caring attitude of the La Réserve Paris teams and to feel entirely "at home".

Club opening hours: 9am to 9pm, 365 days a year.

We invite you to discover the detail of our membership programs by the year, the trimester or the month, at the Nescens Spa Reception.

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 check-ups 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 INFORMATION

ACCESS TO SPA NESSENS

Spa Nescens is open daily from 9am to 9pm. The swimming pool and fitness studio are available for our guests 24/7. Guests who are not staying at the hotel and have booked a treatment lasting at least one hour are entitled to one-hour's access to the pool and/or hammam just before their treatment.

CHILDREN'S ACCESS

Children under 16 must be accompanied by their parents or a responsible adult. They are welcome in the pool before 10am and after 7:30pm. The minimum age for massages and treatments is 16.

RESERVATION

We invite you to book your treatments in advance by phone on +33 (0)1 58 36 60 90 or by email at spa@lareserve-paris.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 six 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 €50 per treatment. Between 9pm and 11pm, the treatment rate is 50% higher; while from 11pm to 9am, there is a 100% surcharge. 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. If you are waiting for a message, our receptionists will be delighted to assist you.

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. 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-paris.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, SPA AND APARTMENTS

P A R I S



LA RÉSERVE PARIS · HOTEL AND SPA · 42 Avenue Gabriel · 75008 Paris · France · T +33 (0)1 58 36 60 90

LA RÉSERVE PARIS · APARTMENTS · 10 Place du Trocadéro · 75116 Paris · France · T +33 (0)1 58 36 60 90

www.lareserve-paris.com · www.nescens.com

SAS FONCIÈRE PLM · RCS Lyon 377 518 436 00 110 · Printed in France · September 2024 · Non-contractual texts and photos · Photos: T. Claeren · G. Gardette · D.R.