

NESCENS  
SPA

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

# CONTENTS

Clinique Nescens	4
High-performance Cosmeceuticals	4
Technology serving the Skin	7
Expert Rituals	8
Skincare Boosters	11
Body Massages	12
Hair Care	15
A Day at Spa Nescens	16
Beauty Studio	19
Fitness Studio	20
Spa Nescens - Le Club	23
General Information	25

# 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 LA RESERVE 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.



# TECHNOLOGY SERVING THE SKIN

Nescens combines its scientific expertise in skin biology with Teslamed technology – a generator of ionic flux and microcurrents – to reactivate essential cellular functions.

This bespoke protocol offers deep cleansing, micro-lifting of facial contours, radiance enhancement, and targeted correction of dark circles, puffiness, and scars. The skin regains its glow, firmness, and vitality, visible from the very first session.

## **LIFTING RENEWAL TREATMENT**

*Radiance – Firmness – Tone*

Following a first step of nanodermabrasion that refines the skin texture and smooths imperfections, TeslaMed's microcurrents and ionic flows stimulate collagen production, sculpt the face contour, and deeply tone the skin. In the 1h30 treatment, the Nescens signature facial massage sublimates the experience

**1h: €270**

**1h30: €370**

**Programs:**

**6 one-hour treatments: €1,500**

**(value of each treatment: €250)**

**10 one-hour treatments: €2,300**

**(value of each treatment: €230)**

## **LIFTING RENOVATING FOCUS EYE CARE**

*Youth – Radiance – Freshness*

Perfect before an event or after a long journey, TeslaMed's ionic currents and microcurrents lift the eyelids, reduce puffiness and dark circles, and revitalize the eye area. The treatment is enhanced by the firming effect of the Nescens rejuvenating gel mask.

**30 min: €170**

**6-treatment program: €960 (value of each treatment: €160)**

# EXPERT 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.

## **BETTER AGING FACIAL TREATMENT**

*Drainage – Firmness – Letting go*

A five-step ritual including cleansing, drainage, manual lifting and expert tools. Firms skin, smooths wrinkles and restores radiance. Includes a back massage for total immersion in the 90-minute version.

**1h: €250**

**1h30: €310**

## **NESCENS CELLULAR REJUVENATION RITUAL**

*Tone – Lifting – Glow*

High-performance protocol combining meso-aesthetic technology and powerful actives to stimulate skin regeneration. Contours are redefined, skin is plump and visibly younger.

**1h30: €350**

## **RE NESCENS TREATMENT**

*Repair – Renewal – Cellular awakening*

A dynamic and powerful treatment for face, neck and décolleté. Double cleansing, firming actives and lifting massage illuminate the complexion and redefine facial contours.

**1h30: €310**

## **REPAIRING AND MOISTURIZING TREATMENT**

*Comfort – Hydration – Soothing*

A cocooning treatment that boosts the skin's natural functions. Deeply hydrates, soothes and repairs. Includes a long face, hand and foot massage for full-body relaxation and skin comfort.

**1h: €250**

**1h30: €310**

## **NESCENS DEEP-CLEANSING TREATMENT**

*Purification – Balance – Clarity*

A purifying protocol targeting excess sebum and skin irregularities. Deep cleansing, draining massage and Nescens mask restore clarity and glow.

**1h: €250**





# 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*

Express or complementary treatment delivering an exclusive hyaluronic acid complex for intense hydration. Skin is plumped, nourished and radiant.

**30 min: €165**

## **EXPERT FACIAL RITUAL**

*Smoothing – Glow – Toning*

Short and effective treatment ideal after a body massage. Keratolytic complex, lifting and radiance massage. Pores are tightened and features refined.

**30 min: €155**

## **YOUTH ELIXIR**

*Vitality – Firmness – Instant Glow*

Flash Better-Aging care boosting firmness and elasticity through targeted peptide and vitamin infusion. Immediate lift effect and refreshed glow.

**30 min: €165**

## **EYE CONTOUR RENEWAL TREATMENT**

*Decongestion – Smoothing – Eye Brightening*

Expert ritual to smooth, drain and decongest the eye contour. A gel mask enriched with 30 actives awakens radiance and reduces signs of fatigue.

**30 min: €160**

# BODY MESSAGES

## **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.

**1h: €240**

**1h30: €300**

## **MUSCULAR & RESTORATIVE 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.

**1h: €260**

**1h30: €320**

## **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.

**1h: €240**

**1h30: €300**

## **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.

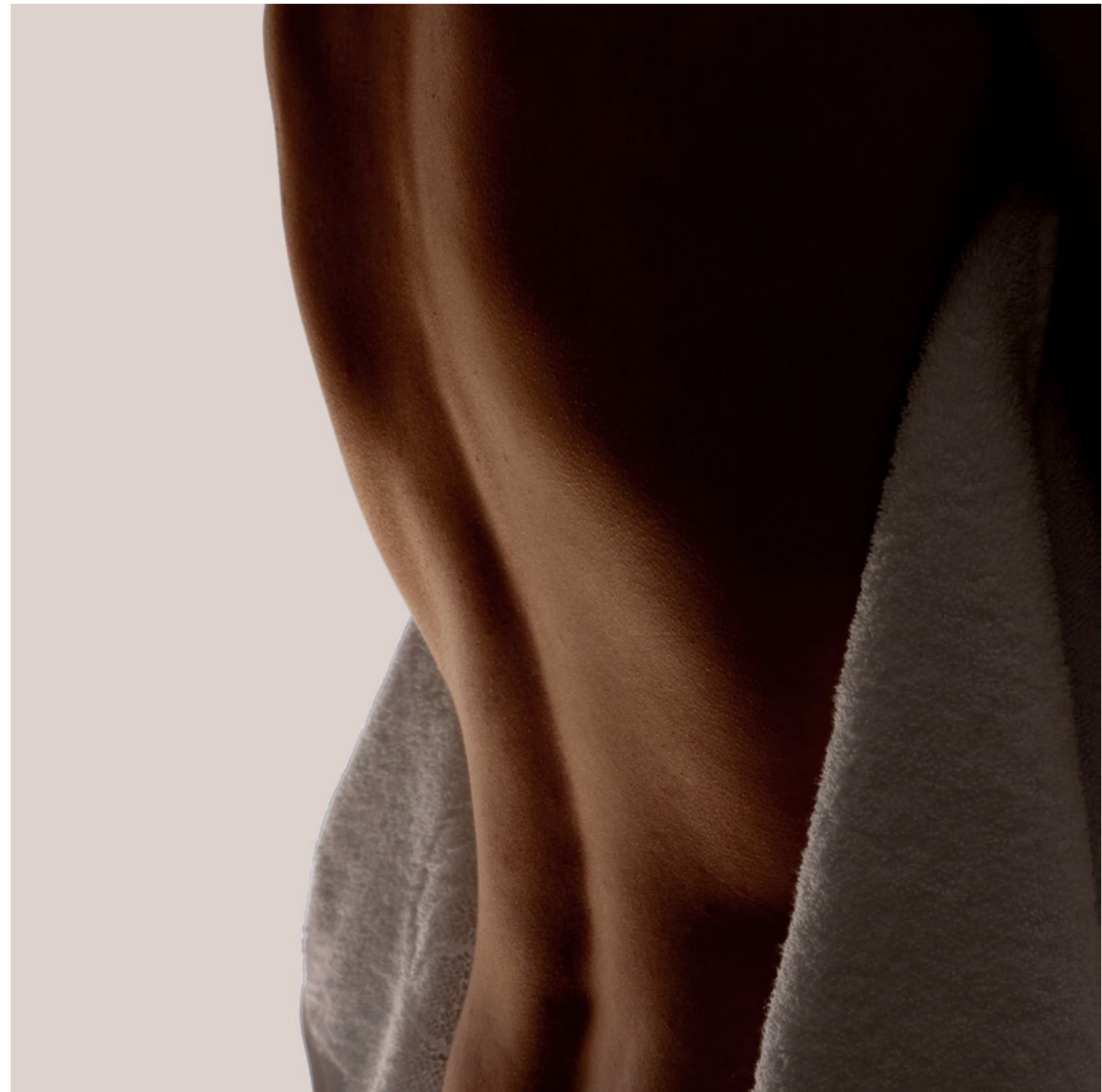
**1h: €240**

## **TARGETED MASSAGE**

*Relief – Customisation – Relaxation*

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: €155**





## HAIR CARE

With Hair Spa Flora, La Réserve Paris redefines hair care through the concept of Facial for Hair. An expert approach that treats the hair with the same level of care and precision as the skin. At the heart of the scalp, collagen plays a key role in the vitality of the hair bulb and the overall quality of the hair. Strengthening this essential matrix at the root helps preserve the hair's youthfulness, density, and natural radiance.

### **LA PARISIENNE**

*Regeneration – Discipline – Glow*

An exceptional hair ritual, where the regenerating Flora Lab treatment precedes a flawlessly mastered blow-dry. The hair is sublimated, perfectly disciplined and luminous, for a chic and unmistakably Parisian allure.

**1h15: €270**

### **STEM CELL REGENERATING TREATMENT**

*Vitality – Shine – Detox*

Following a personalized shampoo, the Flora Lab protocol works in depth. An immersive experience combining purification, intensive treatment, and deep nourishment.

**1h15: €200, includes shampoo and air-dry**

### **PRO-COLLAGEN TREATMENT**

*Balance – Strength – Radiance*

A revitalizing ritual dedicated to scalp health and hair beauty. This expert treatment works from the root to awaken cellular renewal, fortify the hair fiber, and reveal a natural, luminous shine. Infused with advanced biotechnological Pro-Collagen actives, it redensifies, nourishes, and restores harmony to the scalp.

**45 min: €180, without shampoo**

# A DAY AT SPA NESSENS

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.

## 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: €485**

## HIGH-PERFORMANCE CELLULAR RITUAL

Preserve, regenerate, and reveal your youth capital with this high-performance body and facial ritual by Nescens.

- Destressing Massage (1h)
- Nescens Cellular Rejuvenation Ritual (1h30)

**2h30: €530**

## BE RELAX

An unforgettable experience dedicated to letting go and finding comfort.

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

**2h30: €510**

## ABSOLUTE HARMONY

Indulge in a holistic wellness escape where body and mind find their balance. The Flora Lab hair ritual strengthens the hair's youthful vitality, while the stress-relieving massage releases tension and fatigue, restoring harmony, energy, and natural radiance.

- Stem Cell Flora Treatment (1h15)
- Destressing Massage (1h)

**2h15: €415**

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





# BEAUTY STUDIO

## HAND AND FOOT CARE

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 or pedicure ritual with free polish (1h)  
*Filing, Brazilian manicure and nail polish application* \_\_\_\_\_ **€130**

## PRESTIGE KURE BAZAAR RITUALS

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

## SEMI-PERMANENT VARNISH

Semi-permanent varnish application (30 min) \_\_\_\_\_ **€65**  
 Semi-permanent varnish removal (30 min) \_\_\_\_\_ **€30**

## ESSENTIALS

### HAIR STYLING

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

Blowdry - Short hair \_\_\_\_\_ **€210**  
 Blowdry - Long hair \_\_\_\_\_ **€230**  
 Haircut \_\_\_\_\_ **from €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 \_\_\_\_\_ **€200**  
 Night \_\_\_\_\_ **€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

## LAGREE MICROFORMER

*Tone – Sculpt – Strengthen*

A targeted Microformer program combining precise movements with adjustable resistance to tone the body, strengthen deep muscles, and improve posture. Sessions take place in the privacy of our dedicated studio or the comfort of your suite, for a fully personalized workout.

**Private coaching session (1h)**

**Solo : 160€**





## SPA NESSENS - LE 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.

# 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](mailto:spa@lareserve-paris.com). We recommend that you arrive 20 to 30 minutes before your appointment time, so that you can enjoy a hammam 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 on our opening hours from 9.00 AM to 9.00 PM, 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](http://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](http://www.lareserve-paris.com) · [www.nescens.com](http://www.nescens.com)

SAS FONCIÈRE PIM · RCS Lyon 377 518 436 00 110 · Printed in France · December 2025 · Non-contractual texts and photos · Photos: T. Claeren - G. Gardette - D.R.