

SPA MENU

NESCENS
SWITZERLAND

LA RÉSERVE RAMATUELLE HOTEL, SPA AND VILLAS

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SPA NESSENS AT LA RESERVE RAMATUELLE

The exceptional environment of Spa Nescens at La Réserve Ramatuelle promotes a profound, sometimes long-forgotten sense of well-being. The sight of the sea, the soft southern breezes, the surreal beauty of the location, the omnipresence of Nature: all the essential elements unite in enabling you to savor an almost organic joy of feeling yourself entirely in tune with the world. Another world...

Allow yourself to drift away on a tide of sensations and to be revitalized from within, gently and at your own pace. As you revel in the pleasure of at last fully experiencing the moment in hand, you are in fact preparing for the future...

Whether you wish to simply let go and experience deep relaxation, regain a slender, toned figure or reboot your energy, Spa Nescens at La Réserve Ramatuelle invites you to discover a selection of treatments.

Succumb to complete 3 or 5-day longevity programs based on targeted themes such as performance, letting go and women's wellness.

Become a Club member and take advantage of the state-of-the-art equipment in the fitness studio, which is larger than ever this year. The new training studio, Pilates Reformer equipment and "Contrast Therapy" recovery circuit are just some of the ways in which you can combine sport and health with your summer activities.





WHAT'S NEW THIS SUMMER

FITNESS STUDIO

Spa Nescens at La Réserve Ramatuelle is expanding with the creation of a fitness studio for Club members and guests alike.

In this light-drenched setting opening onto the outdoor swimming pool, coaches offer Pilates Reformer classes and tailor-made workouts.

CONTRAST THERAPY

Designed for athletes and people looking for holistic recovery, the "Contrast Therapy" concept is a ritual combining an infrared sauna session and an ice bath, providing a mild thermal shock with multiple benefits.

Used after a sports session to soothe tension, as a complement to a treatment or at the start of the day to relieve stress and boost vital energy, this new treatment also stimulates the immune system and enhances mental well-being.

WOMEN'S WELLNESS WEEKS

Dates: 11 to 21 May - 1 to 12 October

Treat yourself to a precious interlude dedicated to your well-being with these stays designed by La Réserve Ramatuelle and Spa Nescens for women in search of harmony, energy and balance.

A tailor-made program enhanced by three wellness experts: Joëlle Bildstein, a specialist in hypopressive breathing; Gilles Rio, a movement therapist; and Nadine Stark Chognon, Pilates and Yoga teacher and creator of massages focused on energy balance and suppleness.

In addition to treatments and workshops led by our experts, you'll benefit from Spa Nescens excellence, with high-performance treatments, rejuvenating coastline walks and activities dedicated to optimizing sleep.

Deliciously healthy cuisine will give you energy and vitality as well as enhance your stay in this magical, soothing setting, ideal for reconnecting with yourself.

NESCENS SKINCARE EXPERTISE

Resulting from advanced research by the Swiss Genolier laboratory and formulated under the supervision of Professor Jacques Proust, the Nescens range of cosmeceuticals offers a resolutely innovative skincare approach.

CUTTING-EDGE, HIGH PERFORMANCE TREATMENTS

Combining technicality with absolute comfort, Nescens treatments achieve their full effect when dispensed in programs or closely-spaced sessions.

COMPREHENSIVE CARE

Nescens treatments are designed to act over time and provide personalized support. All-round age-related skin concerns are the focus of each Nescens treatment protocol.

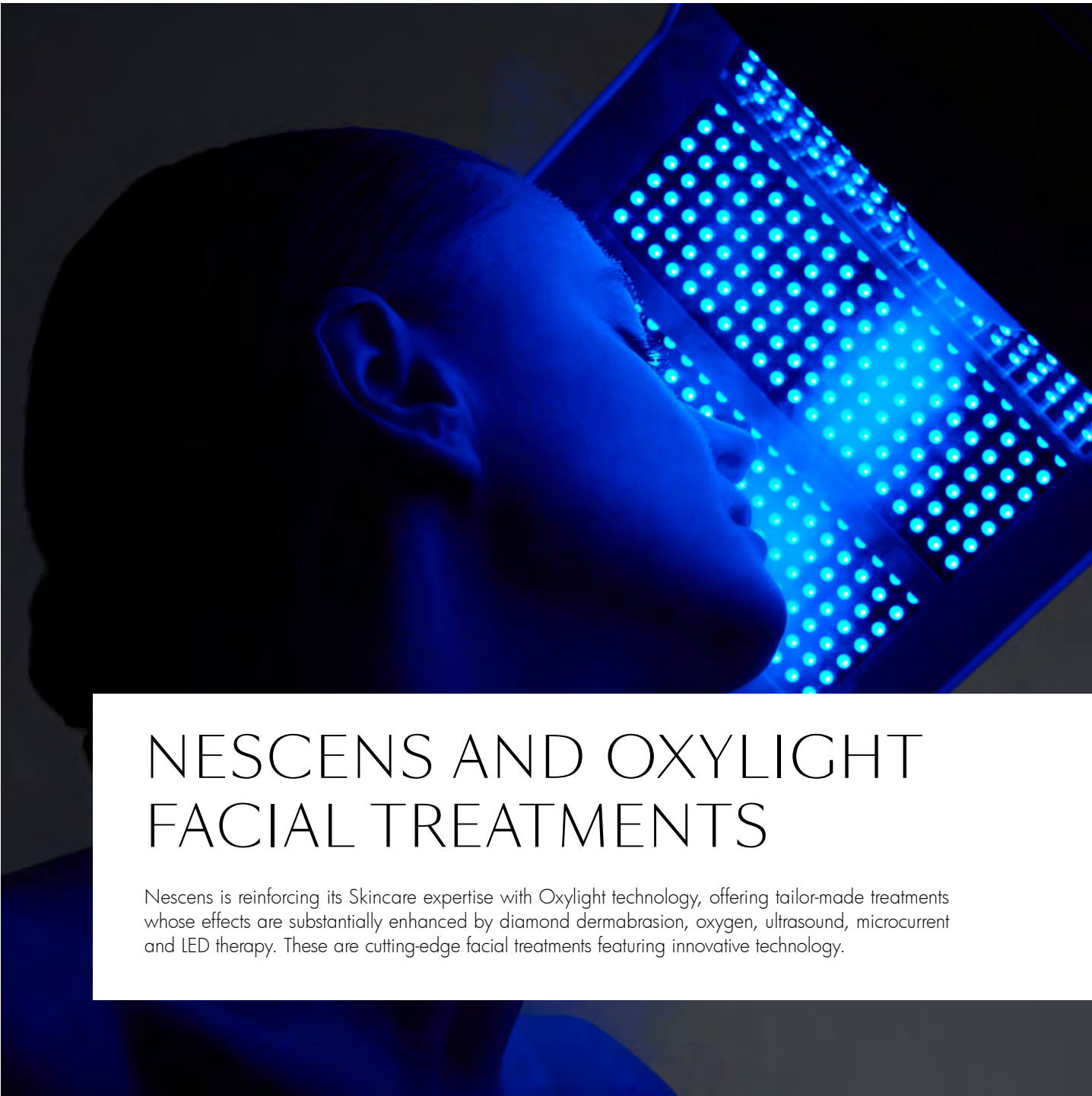
EXCLUSIVE TARGETED MASSAGE TECHNIQUE

Each Nescens beauty therapist determines the zones to be specifically treated and recontoured, personalizing the massage to obtain the desired improvements. The dynamic Nescens techniques help eliminate signs of fatigue, regenerate the quality of the muscle fibers, as well as restructure contours.

REVITALIZED, DEEPLY REJUVENATED SKIN

Results are clearly apparent after the initial treatments. Cellular tissue is intensely restored and resurfaced. The face, neck and chest are visibly rejuvenated. Wrinkles are perceptibly smoothed and reduced, while the complexion is brighter and more even.





NESCENS AND OXYLIGHT FACIAL TREATMENTS

Nescens is reinforcing its Skincare expertise with Oxylight technology, offering tailor-made treatments whose effects are substantially enhanced by diamond dermabrasion, oxygen, ultrasound, microcurrent and LED therapy. These are cutting-edge facial treatments featuring innovative technology.

RESET FACIAL

Dedicated to revitalizing the skin's cellular renewal mechanisms, this treatment begins with a powerful diamond dermabrasion step, followed by the application of a Nescens reconstituting mask massaged into the skin, its action dramatically enhanced by LED therapy combined with the antioxidant virtues of ionized oxygen. The treatment ends with a high-pressure oxygen spray associated with Nescens bio-identical serum for powerful, long-lasting moisturizing action.

60 min: €290

REPAIR FACIAL

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 helps reduce inflammation and provides deep nourishment. A comforting ritual that reinforces the skin's natural repair process.

60 min: €290

ULTIMATE METAMORPHOSIS FACIAL

An exceptional treatment for those seeking immediate and lasting visible 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 substantially multiplied and intensified, optimizing cell regeneration and collagen production.

90 min: €390

NESCENS & OXYLIGHT MAGISTRAL TREATMENT

Nescens and Oxylight have developed a masterful transforming ritual combining all the key stages of this unique technology with a lifting, plumping "better-aging" facial massage. Diamond Dermabrasion renews the skin and prepares it for regeneration with high-frequency ultrasound. Myolight microcurrent redefines facial contours and opens up the eyes. LED therapy with ionized oxygen diffusion boosts collagen production, multiplying the effects of Nescens products and enhancing the skin, which at the same time benefits from the enveloping, remodeling movements of the Better-Aging massage. A unique experience for those in search of incomparable results achieved by combining technology with manual expertise.

2h: €490

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 instantly visible results.

80 min: €330

BETTER-AGING FACIAL RITUAL

A five-step facial ritual combining skin cleansing, muscular preparation, draining movements, powerful facial lifting and accessories to boost collagen production. Skin is firmed, wrinkles reduced and the complexion glows. The 80-minute treatment begins with a back massage from the Better-Aging Body Ritual, offering a holistic moment of repair and rejuvenation.

50 min: €250

80 min: €320

RE NESCENS TREATMENT

A revitalizing, replenishing treatment that restores skin elasticity and firmness, intensely regenerating skin structures on the face, neck and chest. 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 brings renewed youthfulness to the skin.

80 min: €310

RESTORATIVE 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 epidermises, boosting the skin's natural functions and the main markers of youthfulness. During the 80-minute option, skin regains resilience, softness and comfort, the facial massage is extended and the mask is accompanied by a foot and hand massage.

50 min: €240

80 min: €310

NESCENS 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.

50 min: €240



EXPERT FACIAL RITUALS

Rituels Experts Visage are treatment protocols that benefit from the unique expertise of Clinique Nescens skin experts, combined with highly concentrated Nescens products delivering peerless results. Their action is reinforced by skincare boosters combining meso-aesthetics and 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. Ideal for soothing the skin after sunny days at La Réserve à la Plage.

30 min: €120

YOUTH ELIXIR

Rethink your treatment or massage by extending it with this new anti-aging solution from Nescens. Once your face is perfectly prepared, the diffusion of an exclusive anti-aging complex of peptides and vitamins applied to your skin brings an immediate transformation, substantially enhanced elasticity and firmness, as well as incomparable radiance.

30 min: €120

EXPERT FACIAL RITUAL

Expert ritual to prolong a massage and enjoy exceptional results in a very short time, thanks to Nescens expertise. The Keratolytic complex applied after cleansing instantly smoothens skin and tightens pores. Finally, a targeted facial massage with lifting and reshaping movements enhances the skin's radiance and firmness, eliminating signs of fatigue.

30 min : €120

EYE CONTOUR RENEWAL TREATMENT

A ritual dedicated to enhancing the beauty of the eyes with a massage featuring soothing, draining 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: €120

FACIAL ENDERMOLOGIE®

Derived from mechanobiology, this is the only technique in the world that naturally stimulates fibroblasts at the heart of the dermis ensuring enhanced:

- Firmness (collagen)
- Flexibility (elastin)
- Volume and hydration (hyaluronic acid)

30-minute session: €100

5-session package: €450

(value per session: €90)

50-minute session: €190

5-session package: €800

(value per session: €160)

NESCENS MESSAGES

In their constant search for ways to optimize longevity, the osteopaths and experts at Clinique Nescens have developed cutting-edge massage protocols designed to accelerate the recovery process, encourage letting go, improve sleep patterns and achieve an overall detox effect.

MUSCLE AND RESTORATIVE MASSAGE

Developed by the experts at Clinique Nescens, the Muscle and Restorative massage is the ideal way to recover 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 an invitation to let go and experience a precious moment of comfort.

60 min: €260

90 min: €320

DE-STRESSING 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, improving quality of sleep, the ability to recover from jet lag as well as the capacity to unwind.

50 min: €230

80 min: €300

BETTER-AGING MASSAGE

This detoxifying, draining and stimulating massage targets muscular and energetic flows, concentrating mainly on the most sensitive areas of the body, as part of a preventive approach. It results in deep, lasting relaxation. The treatment releases blockages and eases tensions, while activating cellular regeneration and stimulating skin oxygenation as well as muscle tone.

50 min: €230

80 min: €300





SPECIFIC MESSAGES

FOCUSED MESSAGE

Concentrating on the head, feet, back or legs, targeted massage is the ideal prelude to a Nescens facial treatment, or to enjoy a moment of relaxation between your seaside days and Saint-Tropez evenings.

30 min: €120

THAI MESSAGE

An ancestral practice combining acupressure points, stretching and mobilization, traditional Thai massage frees the body and mind of all tension. It relieves tense muscles, stimulates blood circulation and unblocks energies. The dynamic, fluid manipulations involved in this oil-free massage are performed on a futon by the therapist in traditional costume.

60 min: €260

90 min: €320

FOOT REFLEXOLOGY

Massage and stimulation of reflex zones on the soles of the feet, combined with a scalp massage. This procedure reduces stress, improves circulation, soothes tension and induces deep relaxation.

50 min: €230

PRE-NATAL MESSAGE

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

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. The treatment also includes therapeutic techniques to destress sensitive zones and frequently painful areas such as the back, neck, shoulders and feet.

50 min: €230

OSTEOPATHY

Qualified experts in osteopathy and physiotherapy, Spa Nescens osteopaths have many years' experience in hospitals and private practice. Thanks to a holistic approach to the body, thorough knowledge of joint, muscle, visceral and cranial mobility, as well as a fine-tuned understanding of postural habits, they can help you feel and perform better during your training sessions. They hold the keys to relieving injuries, tension and discomfort linked to poor posture.

Osteopathy session: €220

BODY TREATMENTS

BALNEOTHERAPY

Water, air, light and a variety of jets exercise an effective draining action on the lymphatic system and promote the absorption of marine-based active ingredients. Our baths are enriched with marine spring water and essential oils adapted to specific needs (slimming, vitality, anti-crystalloid action).

20 min: €100

SCRUBS

A wide choice of different sweet and savory scrubs for a gentle, revitalizing effect. The application of a nourishing oil of your choice completes this 50-minute treatment.

20 min: €100

WRAPS

Alternating mud and seaweed wraps rich in vitamins, trace elements, mineral salts and antioxidants contribute to the elimination of toxins and to the restoration of the body's mineral levels. These wraps are also recommended for muscle and/or joint pain and are beneficial in the treatment of cellulite.

20 min: €100

LPG® ENDERMOLOGIE FOR THE BODY

This program combines our team's expertise with the proven effectiveness of LPG® Endermologie mechanical stimulation for visible, long-lasting results. Our therapists' mastery of the processes of lipolysis (fat elimination), lymphatic drainage, stimulation of blood circulation to eliminate toxins, as well as of LPG® Endermologi itself, enable them to deliver a personalized treatment for optimum effectiveness. Your figure is trimmed, resulting in harmonious curves and firmer skin.

50-minute session: €190

5-session package: €800

10-session package: €1,500

CRYOTHERAPY AND PRESSOTHERAPY

Ideal after Nordic walking or sports coaching, this simultaneous cryotherapy and pressotherapy session helps muscle recovery. It also relieves heavy legs through its draining effect.

30-minute session: €100

3-session program: €280

3-session program with cranial massage: €560

10-session package: €1,500



CONTRAST THERAPY

Infrared sauna - Ice bath

Designed for athletes and those seeking holistic recovery, the "Contrast Therapy" concept is a ritual that combines an infrared sauna session with an ice bath to deliver a mild thermal shock with multiple benefits. Performed after a sports session to soothe tension, as a complement to a treatment or at the start of the day to relieve stress and boost vital energy, this new treatment also stimulates the immune system and enhances mental well-being.

30-minute session: €120

3-session package: €330 (€110 per session)

5-session package: €525 (€105 per session)



DREAM DAYS AND HOLISTIC JOURNEYS

Dream Days and Nescens Holistic Journeys offer a unique opportunity to enjoy treatments that combine relaxation and high performance, with privileged access to the Spa Nescens wellness areas and in some cases, lunch at the poolside restaurant.

REVITALIZING DREAM DAY

- Personalized balneotherapy (20 min)
- Personalized body scrub (20 min)
- Better-Aging body massage (50 min)
- Lunch at the poolside restaurant

Rejuvenating Dream Day: €495

ULTIMATE DREAM DAY

- Foot reflexology (30 min)
- Better-Aging body massage (50 min)
- Facial treatment of your choice (50 min)
- Eye contour renewal treatment (30 min)
- Lunch at the poolside restaurant

Ultimate Dream Day: €650

NESCENS METAMORPHOSIS DAY

- Contrast Therapy (30 min)
- Nescens Muscle and Restorative Massage (60 min)
- Oxylight Ultimate Metamorphosis treatment (90 min)
- Lunch at the poolside restaurant

Nescens Metamorphosis Day: €670

VITALITY AND REGENERATION CONCEPT

- Personalized coaching (50 min)
- Contrast Therapy (30 min)
- Muscle and Restorative Massage (60 min)

2h20: €420

SHAPE/FIRMNESS CONCEPT

- Seaweed body wrap (20 min)
- Body Endermologie (50 min)
- Facial Endermologie (30 min)
- Hyaluronic acid shot (30 min)

2h10: €430

BETTER-AGING RITUAL

- Balneotherapy with essential oils (20 min)
- Better-Aging massage (50 min)
- Better-Aging Facial Ritual (50 min)

2h10: €490

NESCENS BETTER-AGING STAYS

Within the unique setting of La Réserve Ramatuelle, Spa Nescens has put together unique Better-Aging stays dedicated to helping each individual feel fulfilled, happy and in better shape for as long as possible. Drawing on the expertise of Clinique Nescens (Switzerland), a pioneer in the field of healthy aging, these stays are an opportunity to achieve your goals in terms of performance, letting go and holistic beauty. Thanks to a team of Nescens experts and tailor-made programs combining exercise, avant-garde treatments and a healthy, wholesome diet, stress melts away, energy is restored and health is preserved.

Lunch and dinner are served in the poolside restaurant and at La Voile, where Michelin two-starred chef Eric Canino offers light, balanced Mediterranean cuisine. A Better-Aging diet that allows you to lose weight sustainably and without frustration or simply learn to eat better while preserving the pleasure of living well. Most of the fruit and vegetables come directly from La Réserve Ramatuelle's kitchen garden.

Available from May to October, excluding July and August, Nescens Better-Aging programs can also be booked without accommodation.



WOMEN'S BETTER-AGING STAY
Regeneration - Balance - Holistic Beauty

A pioneering institution in the field of better and healthy aging, Clinique Nescens oversees the Women's Better-Aging program, which enables women to preserve their health capital by applying proven protocols that activate regeneration, rejuvenation and rebalancing at cellular and metabolic levels. A comprehensive check-up and an exclusive consultation personalize this experience, combining technology, exercise, nutrition and Nescens signature treatments promoting a deep sense of well-being.



- TYPICAL DAY**
- 8am: Yoga session (50 min)
 - 9am: Wellness breakfast
 - 10am: Personalized coaching session (50 min)
 - 12 noon: Wellness lunch
 - 3pm: Seaweed wrap (20 min)
 - 3.30pm: Chi Nei Tsang (50 min)
 - 4pm: Reset Oxylight Facial (60 min)



- EXPERTISE AND CONSULTING**
- Comprehensive check-up
 - Exclusive longevity consultation with a Clinique Nescens physician (remote mode)
 - Osteopathy session (50 min)



- NUTRITION PROGRAM BY TWO**
MICHELIN-STARRED CHEF ERIC CANINO
- Breakfast and lunch adapted to the pace and effort of the day (lunch at the poolside restaurant)
 - *for stays including accommodation*

3 DAYS



- EXERCISE**
- 1 Yoga sessions (50 min)
 - 3 Pilates sessions, muscle awakening, coaching (50 min)
 - 1 Oxygenation walk (2h)



- WELLNESS AND SKINCARE**
- 2 Massages Signature Nescens (50/80 min)
 - 1 Chi Nei Tsang (60 min)
 - 1 Oxylight Ultimate Metamorphosis Facial Treatment (60/90 min)
 - 2 Hydrotherapy treatments (20 min)
 - 1 Better-Aging Facial Ritual (50 min)
 - 2 Contrast Therapy treatments (30 min)

€2,900
(excluding accommodation) (1 person)

5 DAYS



- EXERCISE**
- 2 Yoga sessions (50 min)
 - 2 Pilates sessions, muscle awakening, coaching (50 min)
 - 3 Oxygenation walks (2h)



- WELLNESS AND SKINCARE**
- 3 Nescens Signature Massages (50/80 min)
 - 1 Chi Nei Tsang (60 min)
 - 1 Oxylight Ultimate Metamorphosis Facial Treatment (60/90 min)
 - 1 Cellular Rejuvenation Ritual (80 min)
 - 2 Hydrotherapy treatments (20 min)
 - 1 Better-Aging Facial Ritual (50 min)
 - 5 Contrast Therapy treatments (30 min)

€4,500
(excluding accommodation) (1 person)



EXPERTISE AND CONSULTING

Osteopathy session (50 min)



NUTRITION PROGRAM BY TWO

MICHELIN-STARRED CHEF ERIC CANINO

Breakfast and lunch adapted to the pace and effort of the day (lunch at the Pool Restaurant)

**for stays including accommodation*

3 DAYS



EXERCISE

- 1 Muscle awakening session (50 min)
- 1 Cardio training sessions (50 min)
 - 1 TRX session (50 min)
- 3 Nordic walking sessions with our coach in the hinterland or on the coastal path (2h)



WELLNESS AND SKINCARE

- 1 Nescens Muscle and Restorative massage (60/90 min)
- 2 Nescens Better-Aging Massages (50/80 min)
 - 1 Better-Aging Facial Ritual (50 min)
- 3 Contrast Therapy treatments (30 min)

€2,400

(excluding accommodation) (1 person)

5 DAYS



EXERCISE

- 1 Muscle awakening session (50 min)
- 1 Cardio training sessions (50 min)
 - 1 TRX session (50 min)
- 5 Nordic walking sessions with our coach in the hinterland or on the coastal path (2h)



WELLNESS AND SKINCARE

- 3 Nescens Muscle and Restorative massages (60/90 min)
- 2 Nescens Better-Aging Massages (50/80 min)
 - 1 Better-Aging Facial Ritual (50 min)
- 4 Contrast Therapy treatments (30 min)
- 1 Pressotherapy/Cryotherapy session (30 min)

€3,600

(excluding accommodation) (1 person)

PERFORMANCE BOOTCAMP

Energy - Tone - Vitality

The Spa Nescens Performance Bootcamp is an opportunity to challenge yourself while reconnecting with Nature and enjoying restorative, energy-boosting treatments. A regenerating course of intense walks in the heart of this unique landscape, tailor-made workouts, body and face rituals such as cryotherapy sessions accompanied by wraps, muscle massages and Better-Aging treatments.



TYPICAL DAY

- 8am: Muscle awakening (50 min)
- 9am: Wellness breakfast
- 10am: Nordic walking (3h)
- 1 pm: Contrast Therapy session (30 min)
- 1.30pm: Wellness lunch
- 3pm: Body scrub (20 min)
- 3pm: Muscle and Restorative Massage (90 min)

MENTAL WELLNESS ESCAPE

Soothing - Letting go - Freedom

Spa Nescens at La Réserve Ramatuelle is the perfect place to treat yourself to a stay dedicated to letting go and unplugging. The Mental Wellness Escape is designed to help you rediscover a rhythm in line with your own values, to support you in refocusing and freeing yourself from the negative effects of daily stress. Thanks to days punctuated by yoga sessions, stretching and oxygenating walks, as well as liberating, comforting face and body treatments, you'll feel lighter, freer and rejuvenated.



TYPICAL DAY

- 8am: Yoga session (50 min)
- 9am: Wellness breakfast
- 10.30am: Stretching or Pilates session (50 min)
- 12 noon: Wellness lunch
- 2.30pm: Balneotherapy with essential oils (20 min)
- 3pm: De-stressing massage (80 min)
- 4.30pm: Better Aging facial ritual (50 min)



EXPERTISE AND CONSULTING

Osteopathy session (50 min)



NUTRITION PROGRAM BY TWO

MICHELIN-STARRED CHEF ERIC CANINO

Breakfast and lunch adapted to the pace and effort of the day (lunch at the Pool Restaurant)

**for stays including accommodation*

3 DAYS



EXERCISE

- 3 Yoga sessions (50 min)
- 1 Pilates session (50 min)
- 1 Stretching session (50 min)
- 1 Oxygenation walk (2h)



WELLNESS AND SKINCARE

- 1 Nescens de-stressing massage (50/80 min)
- 1 Nescens Better-Aging massage (50/80 min)
- 1 Chi Nei Tsang (60 min)
- 1 Nescens Moisturizing Facial Treatment (50 min)
- 1 Hydrotherapy treatment (30 min)
- 2 Contrast Therapy treatments (30 min)

€2,300

(excluding accommodation) (1 person)

5 DAYS



EXERCISE

- 3 Yoga sessions (50 min)
- 1 Pilates session (50 min)
- 1 Stretching sessions (50 min)
- 2 Oxygenation walks (2h)



WELLNESS AND SKINCARE

- 2 Nescens de-stressing massages (50/80 min)
- 2 Better-Aging Nescens massages (50/80 min)
- 1 Chi Nei Tsang (60 min)
- 1 Better-Aging Facial Ritual (50 min)
- 1 Re-Nescens treatment (80 min)
- 2 Hydrotherapy treatments (30 min)
- 2 Contrast Therapy treatments (30 min)

€3,500

(excluding accommodation) (1 person)

THE CLUB

Become a Club member and take advantage of the state-of-the-art equipment in the fitness room, which is being expanded this year. The new training studio, Pilates Reformer equipment and "Contrast Therapy" recovery circuit are just some of the ways in which you can combine sport and health with your summer activities.



MEMBERSHIP

MONTH
€4,500

WELLNESS ACTIVITIES

Access to facilities:

- Fitness studio
- Hammam
- Indoor pool (15 meters)
- Outdoor pool (30 meters)

EXERCISE

- 1 50 min Coaching session

WELLNESS EXPERIENCES

- 1 Contrast Therapy treatment (30 min)
- 1 Nescens Signature massage (50 min)

BENEFITS

- Concierge service and Satin-Tropez/Pampelonne Beach – La Réserve shuttle service from 10.30am to 10pm
- Laundry service (for sports gear)
- Priority booking for the hotel's restaurants
- Sommelier guidance in designing a summer wine cellar and preferential rates on wines
- 10% reduction on treatments and boutique items
- 1 invitation for a friend to discover La Réserve





FITNESS

Enjoy a stay at La Réserve Ramatuelle to recharge your batteries, push your limits and take care of yourself. In addition to a full range of equipment, a coach is on hand at all times to tailor your program based on your needs and goals, as well as to monitor your performance.

EQUIPMENT

CARDIO CIRCUIT
Treadmills / Bikes and spinning / Vario ellipticals
Rowing machines

STRENGTH TRAINING

Kinesis / Legpress / Inner and outer adductor machine / Vertical traction / Weight benches
Aquabikes / Dumbbells

FITNESS STUDIO

Spa Nescens at La Réserve Ramatuelle is expanding with the creation of a fitness studio for Club members and guests alike. In this light-drenched setting opening onto to the outdoor pool, coaches offer Pilates Reformer classes and customized workouts.

PRIVATE COACHING	Solo	Duo
Indoors (50 min)	€170	€230
Coaching 50 min+ Contrast Therapy treatment	€250	
Jogging (50 min)	€170	€230
Aquagym, Aqua Biking (50 min)	€170	€230
Yoga session (50 min)	€170	€230
Swimming lesson - on request (50 min)	€170	
Nordic Walking (2h)	€250	
Hike (3h)	€350	
Hike (4h)	€450	

FITNESS AND YOGA PACKAGES

5 sessions of 50 min each	€800
10 sessions of 50 min each	€1,500

PILATES REFORMER PRIVATE STUDIO

50-minute session	€190
5 sessions of 50 min each	€900
10 sessions of 50 min each	€1,700

Subscriptions on request.

BEAUTY STUDIO

HAND AND FOOT BEAUTY

Hand or foot beauty
Kure Baazar for Her

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

Kure Bazaar hand or foot wellness ritual (80 min)
Filing, cuticles, scrub, sculpting and nail polish

€140

Kure Bazaar Brazilian hand or foot treatment (60 min)
Filing, cuticles, cream application and nail polish

€110

Express Hand or Foot Beauty (30 min)
No nail polish

€65

Nail polish (20 min)

€35

Filing and nail polish (25 min)

€50

O.P.I. semi-permanent polish
Semi-permanent nail polish (30 min) _____ €65
French semi-permanent nail polish (40 min) _____ €65
Semi-permanent nail polish (30 min) _____ €35

Hand or Foot Care for Him
Hand or foot treatment (45 min) _____ €100

WAXING
Lips _____ €20
Chin _____ €20
Eyebrows _____ €40
Face _____ €60
Underarms _____ €30
Arms _____ €50
Classic bikini _____ €40
Brazilian bikini _____ €65
Full bikini _____ €80
Half legs _____ €60
Full legs _____ €90
Back _____ €90
Chest & abdomen _____ €90

INTENSE EYE DEFINITION
Eyelash tinting (20 min) _____ €40
Eyebrow tinting (20 min) _____ €40





TWO MICHELIN-STARRED CHEF ERIC CANINO

He is a passionate devotee of excellent ingredients and a virtuoso of light cuisine. Notably trained by Michelin-starred chef Michel Guérard at Eugénie-les-Bains, his sensitivity and exacting standards won over Michel Reybier, who entrusted him with La Voile as soon as La Réserve Ramatuelle opened in 2009. A lover of fine produce, Eric Canino favors short supply circuits, working alongside the best local producers. His incredible all-vegetable menu has become a staple feature, as has his spice-rubbed red tuna signature dish. Faithful to his deep commitment to healthy, natural cooking, his recipes are simple and straightforward, delicately modernizing the traditional Mediterranean repertoire.

"I'm committed to working with simple produce to enhance its flavors; pleasuring the palate is the sole criterion." Eric Canino

LA VOILE RESTAURANT

*Mediterranean gastronomy
2 Michelin stars*

Deliciously light cuisine...

At the two Michelin-starred restaurant La Voile, Chef Eric Canino is a master of southern flavors. His recipes reflect an exceptional Mediterranean terroir through modern, largely plant-based gastronomy that is as refined as it is balanced. Open daily for dinner.

Dinner: 7:30pm to 10:30pm

POOL RESTAURANT

Fresh lunch by the pool

Enjoy lunch with Italian and Mediterranean specialties in a relaxed atmosphere by the pool in the shade of the trees or without moving from your deckchair. A great way to enjoy the summer months. Open daily.

Lunch by the pool: 12 noon to 4pm.

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 an exclusive high-end setting. Adopting a holistic approach, we offer personalized medical check-ups and innovative health cures, as well as regenerative medicine treatments.

Located close to 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

The fitness and relaxation areas (swimming pool, fitness room, hammam) are open daily from 9am to 8pm*. Treatments are available daily, by appointment, between 9am and 8pm. Please arrive 15 minutes before the start of your treatment. Any delay will result in a reduction in treatment time and no reduction in fees.

**Any other times by request only*

TREATMENTS

Treatments are open to all, including external guests. The fitness and relaxation areas (swimming pools, strength training rooms, hammam) are freely accessible to members and guests staying at La Réserve Ramatuelle, as well as to those enjoying a Spa Day. External guests may access the fitness and relaxation areas at a cost of 150 euros if they have not booked any treatments.

CHILDREN'S ACCESS

Children under the age of 16 are not permitted access to Spa Nescens.

BOOKINGS

To contact us from your room, please press the spa button on your telephone. From outside, you can reach us directly on 04 94 44 52 52 or by e-mail at spa@lareserve-ramatuelle.com

HEALTH AND PREGNANCY

When you make your reservation, please tell us about your state of health or any allergies you may have, so that we can offer you the treatments best suited to your needs. On arrival at Spa Nescens, you will be given 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 advise you on the most suitable treatments.

CANCELLATION POLICY

If you wish to cancel or change your appointment, please inform us at least 24 hours before the scheduled time, to avoid full billing.

IN-ROOM TREATMENTS

A surcharge of 20% will be applied to in-room treatments and 30% to Villa treatments.

DRESS CODE

Bathrobes, slippers and disposable underwear are available at Spa Nescens. Sports shoes are mandatory in the fitness studio. Flip-flops and slippers are not permitted.

CELL PHONES

For everyone's well-being and peace of mind, please switch off your cell phones and other electronic devices as soon as you enter the Spa Nescens area.

CHANGING ROOMS

Spa Nescens provides customers with a locker and linen during their stay. Management accepts no responsibility for personal belongings placed in lockers or left inside the spa. Spa management reserves the right to open any lockers left closed at the end of the day and to remove any items found in them. Lockers are not allocated by name.

LOSS OR DAMAGE TO PERSONAL EFFECTS

We accept no responsibility for loss or damage to personal belongings. We recommend that you deposit your valuables in your room safe if you are staying at the hotel, or in your locker at Spa Nescens, secured by a code.

NESSENS SPA BOUTIQUE

Nescens products are available exclusively in our boutique and online at <https://shop.lareserve.com/>. Derived from scientific research, these products are recognized for their high efficacy, thanks to anti-aging, moisturizing and resurfacing active ingredients. Our Nescens experts are at your disposal for personalized information. You'll also find our La Réserve Signature candles and interior fragrances in the boutique.

GIFT SETS

Gift sets are available for purchase at the Spa reception desk and on our website [lareserve-ramatuelle.com](https://shop.lareserve.com/). All treatments, including our packages, are available as presents in the form of gift vouchers. Valid for one year from the date of purchase, they are non-transferable and non-refundable.

la réserve
HOTEL, SPA AND VILLAS
RAMATUELLE



LA RÉSERVE RAMATUELLE HOTEL, SPA AND VILLAS
736 Chemin des Crêtes · 83350 Ramatuelle · France · T +33 (0)4 94 44 52 52
spa@lareserve-ramatuelle.com · www.lareserve-ramatuelle.com

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