



# SPA MENU

**NESCENS**  
SWITZERLAND

LA RÉSERVE RAMATUELLE HOTEL, SPA AND VILLAS

# SPA NESSENS AT LA RÉSERVE 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.





# 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.

# EXPERT FACIAL RITUALS

Rituel 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.

## **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 NESSENS 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.

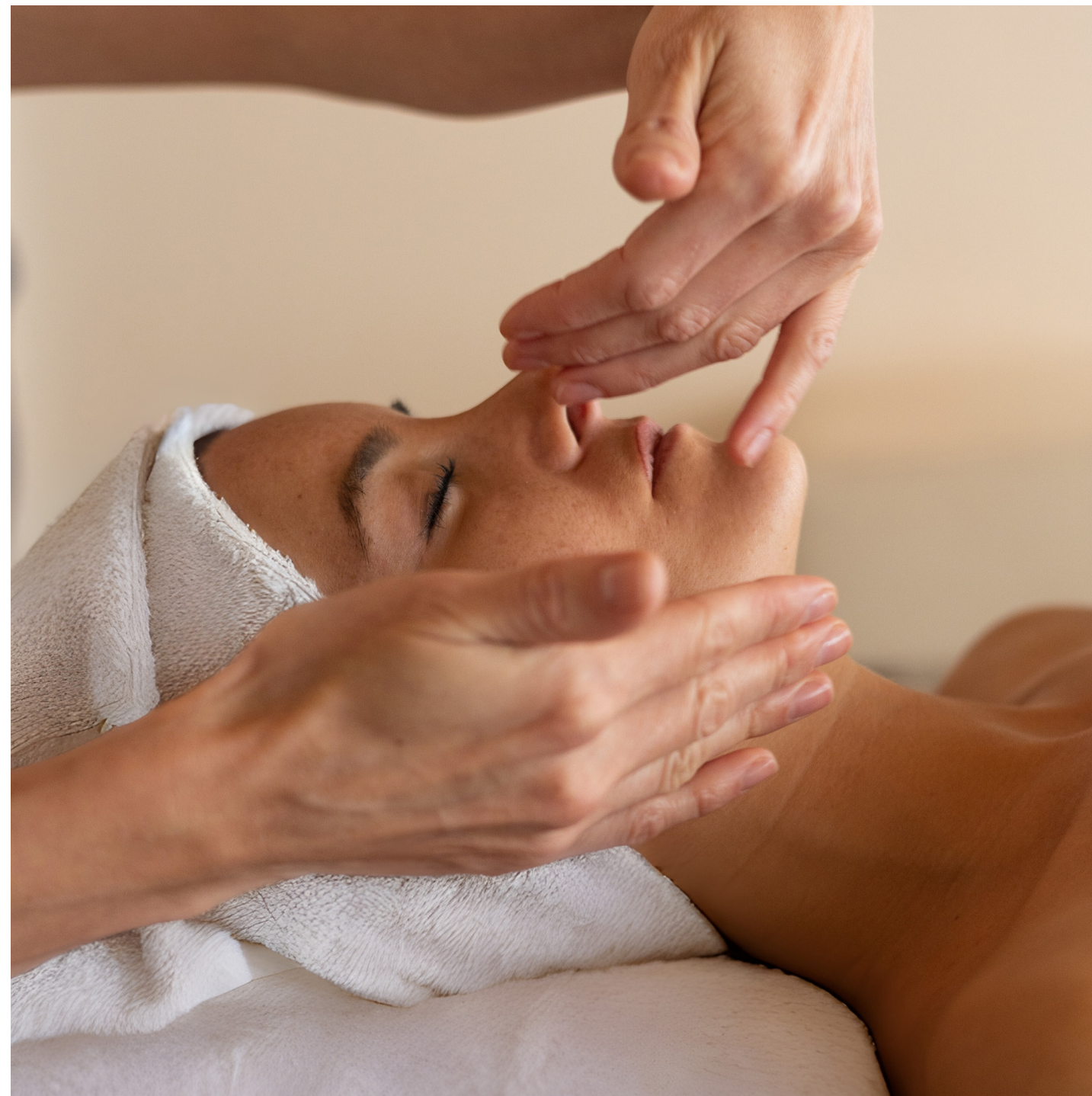
**50 min: €240**

**80 min: €310**

## **NESSENS 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**





# NESCENS MASSAGES

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

### 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

### DE-STRESSING MASSAGE

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

# SPECIFIC MASSAGES

## FOCUSED MASSAGE

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 MASSAGE

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 MASSAGE

*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

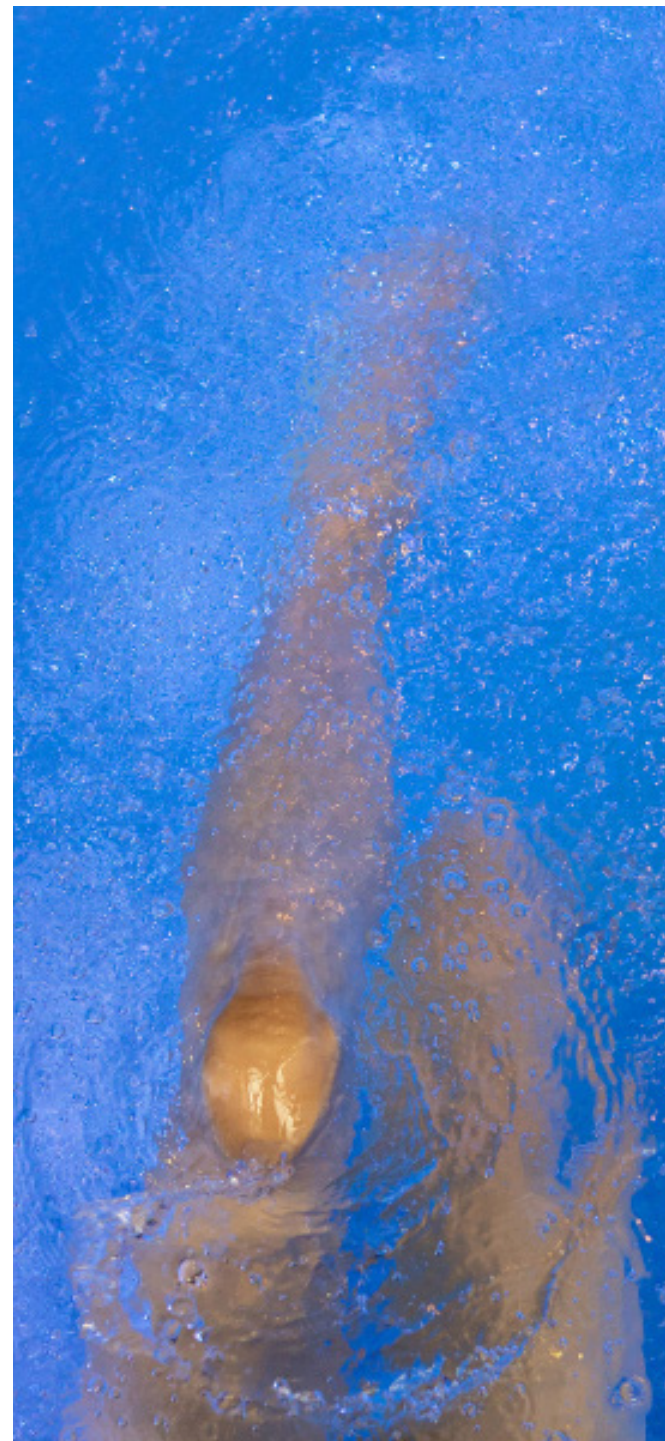
A wide choice of different sweet and savory scrubs for a gentle, revitalizing effect. The application of a nourishing oil of your choice completes this 50-minute treatment.

**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**



## 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)**



# 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.

	Solo	Duo
<b>PRIVATE COACHING</b>		
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

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RAMATUELLE



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