nescens®
PARIS · NEW YORK

CRANS AMBASSADOR
GRAND HOTELS

Spa Menu

NESCENS SIGNATURE MASSAGES

Developed in conjunction with the scientific committee of the Nescens brand, our Signature massages are exclusively inspired by the principles of Nescens' Tri-Tech Technology concepts. They embody a philosophy of prevention dedicated to optimizing each individual's quality of life. To feel better, to live longer.

Better-aging massage

Detoxifying, stimulating and draining, this exclusive massage targets all muscles and energy routes, concentrating mainly on your most sensitive areas as part of a long-term prevention program. Ideal for those with a sedentary lifestyle. Combined with the use of a high-frequency device (Ultimate treatment), this massage releases blockages and restores balance.

50 min	180 CHF
1h 20min	250 CHF

Sports massage

Stimulating the lower muscle pain as well as avoiding aches and tiredness due to the release of lactic acid, this massage relaxing muscle damage. It promotes blood circulation and oxygen supply to the muscles involved in physical exertion. It guarantees better recovery and significantly improved performance.

50 min	180 CHF
1h 20min	250 CHF

De-stressing massage

With its gentle stimulating motion combined with targeted stretching, this therapeutic massage promotes both physical and mental relaxation. It releases accumulated tension and helps to restore balance to the body and mind. Particularly, it helps the body from depletion and disorientation. This treatment also improves quality of sleep, the capacity to recover from an injury as well as the ability to relax. The one hour and 30 minute treatment includes key stretching phases for total relaxation.

50 min	180 CHF
1h 20min	250 CHF

WELL-BEING MASSAGES

Hot volcanic stone massage

This relaxing, soothing, massage helps balance the body's energy centers, promotes harmony between the body and mind and while relaxing you deeply.

1h 20min	250 CHF

Foot reflexology

Massage and stimulation of specific reflex points of the feet. Reflexology reduces stress, improves circulation, reduces body tension and enhances relaxation.

50 min	180 CHF

TARGETED MASSAGES

Back massage

Relaxing treatment that releases built-up tensions to procure a sense of well being and complete relaxation.

50 min	180 CHF

Leg massage

Dedicated to the well-being of your legs, this toning draining massage aims to help you regain a delicious sense of lightness.

30 min	90 CHF

Scalp massage

Alleviates cervical and scalp tensions, as well as relaxing the shoulders and the face muscles.

30 min	90 CHF

NESCENS FACIAL COSMECEUTICAL TREATMENTS

Preventive care treatments

Maintains the hydrobiotic balance, smoothes the first expression lines and protects against oxidative

Anti-aging corrective care treatment – Eye contour Renovating

Nescens research has brought together 30 active ingredients and original gel-mask to restore the balance, the tone, the mass of targeted smoothing and draining substance. An intensive care for the eye contour that reduces the signs of lassitude and advancing age and restores a fresh look. Results are immediate and long-lasting and advancing age and restores. The gaze is lit up with a youthful glow.

50 min	180 CHF

Anti-aging preventive care treatment – Moisturizing

This treatment intensively hydrates the epidermis while restoring the skin's natural moisturizing factors. It helps keep the skin's youthful appearance.

50 min	180 CHF
1h 20min	250 CHF

Anti-aging preventive care treatment – High Tolerance

Restores the skin's natural functions and protects from related cellular damage, while ensuring comfort for the most sensitive skin types.

50 min	180 CHF
1h 20min	250 CHF

Anti-aging preventive care treatment – Vitamin C

Vitamin C is a powerful antioxidant that helps the coordination and regulate excess sebum. It nourishes in depth, stimulating resulting in clear, glowing skin.

50 min	180 CHF

Correcting care treatment

Intensive exfoliation and renews, firms the skin, restoring a glowing, smooth complexion.

Anti-aging corrective care treatment – Firmness

This treatment treatment restores the elasticity and firmness of the skin, while intensively regenerates the skin structure of face, neck and chest.

50 min	180 CHF

Repairing care treatment

Ideal for those with signs of the aging: strategy, combining performance and sensitive.

Anti-aging repairing care treatment – Premium

High-performance cosmeceutical formulations and targeted treatments for a complete, long-lasting, and visibly youthful-looking, effectiveness and absolute comfort. This exceptional treatment induces a sense of deep relaxation during a programmed holistic massage, which is followed by an anti-aging corrective care facial treatment.

1h 40min	320 CHF

FOR MEN

Skin renewal Face Care

50 min	180 CHF

Eye contour treatment

30 min	90 CHF

Customized sport massage

50 min	180 CHF

Beauty of hands and feet

30 min	90 CHF

Calyopeding

1h 30min	250 CHF

BODY CARE TREATMENT

Anti-aging preventive Body care treatment – Resculpting Body Scrub

This exfoliating treatment revives cellular cycles, improves the mechanical properties of skin tissue (elasticity, firmness, tone, etc.)

50 min	180 CHF

Personalized Body Wrap

Body wraps of your choice for a nourishing action (skin hydration or detoxifying slipper)

50 min	180 CHF

Personalized treatment including a massage

Body scrub and a Personalized Body Wrap

1h 20min	250 CHF

Body Scrub, body wrap and a massage of your choice

1h 50min	350 CHF

Hand or foot treatment

Nail filing, cuticle, scrub, massage

30 min	90 CHF

Nail varnish application

15 min	40 CHF

Calluspeeling foot treatment

Dedicated foot care that is a new splendor and an extraordinary softness This gentle treatment completely eliminate calluses. It is ideal in addition with a foot treatment

1h 30min	150 CHF

OPI Semi-permanent application

Semi-permanent nail polish application

1h 30min	90 CHF

Semi-permanent nail polish removal

45min	60 CHF

THE PACKAGES

Nescens discovery day

Wellbeing Detox juice with nibbles
Nescens Anti-aging preventive body care – Resculpting 90min)
Better-aging Signature body massage (90min)
Nescens Anti-aging preventive care facial (50min)
Preparative eye care (30 min)

1h 30min	350 CHF

Nescens ritual

The matchless experience of Nescens for an anything experience dedicated to your youthfulness.
Nescens well-being scrub (20min)
Hot volcanic body massage (50min)
Nescens Anti-aging preventive care facial (50min)

2h	440 CHF

Couples Summit Program

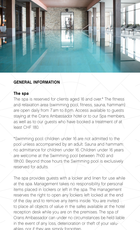
Our Spa Suite is all yours while enjoying a treatment are a couple.
Private use of the Spa Suite with jacuzzi with perfumed sat (60 min)
Selected 50 minutes body massage per person
Two glasses of champagne with sweet nibbles

1h 30min - 2 people	480 CHF

Duo Ambassador Program

Our Spa Suite is all yours while enjoying a ritual for two:
Private use of the Spa Suite jacuzzi with perfumed sat (30 min)
Nescens Well-being Scrub (20min)
Selected 50 minutes body massage per person
Two glasses of champagne with sweet nibbles

1h 40min - 2 people	560 CHF



GENERAL INFORMATION

The spa

The spa is reserved for clients aged 18 years and over. The fitness and relaxation area (swimming pool, fitness, sauna, hammam) is open to clients aged 16 years and over. Children are allowed entering at the Crans Ambassador hotel or to our Spa therapies, as well as to our guests who have booked a treatment at all, least CHF 180.

"Swimming pool children under 16 are not admitted to the pool unless accompanied by an adult. Access to the hammam is admitted for children under 16. Children under 16 years are welcome at the Nescens Spa (treatment CHF 180 and 180.0). Beyond those hours the Swimming pool is exclusively reserved for adults.

The spa provides guests with a locker and linen for use while at the spa. Management is not responsible for personal items placed in lockers or left in the spa. The management reserves the right to refuse access to the spa to any guest in ill of the day and to remove any tonic inside. You are helpful to place all objects of value in the safes available at the hotel reception desk while you are on the premises. The spa of Crans Ambassador can under no circumstances be held liable for the event of any loss, deterioration or theft of your valuables. not if they are simply forgotten.

Please advise us of any health issues, allergies or injuries you may have that might hinder your use of the spa's equipment. The spa is a place dedicated to calm and relaxation. Please respect this peaceful environment by putting your mobile phone on silent mode. Please respect other guests and their rights and strictly forbidden on the spa premises. Glass containers are not allowed around the swimming pool for safety reasons.

Treatments

Treatments are available daily between 10am and 8pm upon reservation. External guests may reserve treatments at the Spa. Please advise us of any health issues, allergies or injuries you may have that might hinder your treatments.

We recommend that you arrive at least 30 minutes before your appointment in order to get ready to enjoy your experience and your treatment in a relaxed frame of mind in the event of a late arrival, your treatment will be shortened and you will be charged the full amount. Clients staying at the Crans Ambassador will be asked for credit card details as a guarantee when they make their reservation. Any service that is not cancelled 24 hours in advance will be invoiced in full.

Sports & Fitness

The 1300m² club has a 17m heated indoor swimming pool and a gym boasting cutting-edge equipment based on the latest cardiovascular and bodybuilding. The many activities organised in the great outdoors or at the hotel, including golf, skiing, cross-country fitness and climbing are designed for people on every level, from introductory to advanced.