NESCENS CRANS AMBASSADOR
SWISS MADE

SPA MENU

NEW WINTER RITUALS

AFTER SKI RITUAL
Ideal after a day on the slopes or after a long cross-country ski, this restorative body wrap aims to ease muscle stiffness and pain. The experience begins with a vigorous, warming massage using Nescens Cellular Recovery Massage Lotion to stimulate circulation. This prepares the skin for the main treatment, designed to soothe skin exposed to the alpine climate.

1h 20min	215 CHF

New generation facial moisturizer by Nescens
Wonderful Signature treatment combining Nescens double moisturizer and Nescens Cellular Recovery Massage technique, massaged in a single flow after the skin is sedated. A ritual boosted by the meso-aesthetic diffusion of an innovative moisturizer, specially formulated to deeply hydrate the skin's hydrolipidic layers. Wrinkles are smoothed, the face is plumped and radiently fresh.

1h 20min	SIGNATURE TREATMENT

NESCENS SIGNATURE MASSAGES

Developed in conjunction with the scientific committee of the Nescens laboratory, these unique massage techniques were tested and implemented by our team of multi-disciplinary specialists. They embody a philosophy of prevention dedicated to optimizing each individual's quality of life. To be better, to live longer...

Better-aging massage
Debunking, stimulating and draining, this exclusive massage technique aims to drain the lymphatic system and improve the skin's ability to eliminate toxins. Based on a holistic approach, this results in long-lasting relaxation. Combined with a cellular recovery lotion, it also boosts the skin's hydration. The tissues become silky-smooth, the face is plumped and radiently fresh.

50min	185 CHF
1h 20min	265 CHF

Muscular & Reactive Massage
Developed by the experts at Chopard Watches, the muscular massage technique aims to relieve muscle tension and improve sport session. Where tension caused by poor posture or indulge in a moment of memorable relaxation.
Combined with a cellular lotion, the skin is nourished, as the blood flow is stimulated. Muscles are relaxed, the whole body making this massage an invitation to let go and experience a physiological moment of comfort.

50min	185 CHF
1h 20min	265 CHF

WELL BEING MASSAGES

Hot volcanic stone massage
Based on Ancient Chinese medicine, this massage helps balance the body's energy centers. It promotes harmony between the body and mind while relaxing you deeply.

1h 20min	265 CHF

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

50min	185 CHF

TARGETED MASSAGES

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

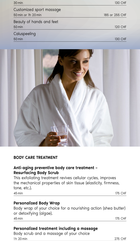
50min	185 CHF

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

50min	185 CHF

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

25min	90 CHF



NESCENS FACIAL COSMECEUTICAL TREATMENTS

Preventive care treatments
Maintains the hydrolipidic balance, smoothes the first expression lines and protects the skin from premature aging.

Anti-aging cosmetics care treatment - Eye contour Revivalizing
Specially designed for the eye area, this treatment reduces the original eye mask. Its texture is carefully studied to be a means of targeted smoothing and draining operations. Designed to treat the fragile eye contour issues, 2pcs of lightness and advancing age are mitigated. The gaze is lit up with a youthful glow.

50min	185 CHF

Anti-aging preventive care treatment - Moisturizing
This treatment intensely hydrates lost and dehydrated skin. With a natural moisturizing factors, it helps keep the skin's glow appearance.

50min	185 CHF
1h 20min	265 CHF

Anti-aging preventive care treatment - High Tolerance
Restores the skin's natural functions and prevents age-related damage and dehydration, while ensuring comfort for the most sensitive skin types.

50min	185 CHF
1h 20min	265 CHF

Anti-aging preventive care treatment - Decalcifying
A balance-restoring treatment to refine the complexion and regulate excess sebum. It includes in-depth cleansing, resulting in clear, glowing skin.

1h 20min	265 CHF

Correcting care treatment
Specially designed to fade away the skin, restoring a glowing, smooth complexion.

50min	185 CHF
1h 20min	265 CHF

Anti-aging correcting care treatment - Firmness
This treatment intensely hydrates the skin and firms up the appearance of the skin, intensively regenerates the skin structure of face, neck and chest.

1h 40min	320 CHF

THE EXPERT RITUALS (valid on 30 June) - 140 CHF
The expert claim no to wrinkles! A ritual of excellence.

Hydratonic Acid shot
A bacterial extract treatment in massage with the expert ritual that includes a deep cleansing of the skin and the diffusion of an innovative moisturizer. Hydration is boosted, the skin is left soft and ready for an immediate radiance boost and long-lasting hydration.

Giving back in time
Rehitize your treatment or massage by extending it with this exclusive treatment. Based on the Hydratonic Acid shot, it uses a never-perfect-prepared, the diffusion of an exclusive anti-aging complex with peptides and vitamins gives your skin an immediate transformation, a tenfold increase in elasticity and firmness and an incomparable radiance. An addictive ritual, which's repeated regularly, proves even more effective.

1h 40min	320 CHF

FOR MEN

Skin removal Face Care	
30min	110 CHF
Eye contour treatment	
30min	110 CHF
Customized sport massage	
50min & 1h20min	185 & 265 CHF
Beauty of hands and feet	
30min	90 CHF
Calugaming	
30min	90 CHF

BODY CARE TREATMENT

Anti-aging preventive body care treatment - Cellular Recovery
This activating treatment revives cellular cycles, improves the mechanical properties of skin tissue (elasticity, firmness, tone, etc.).

50min	185 CHF

Personalized Body Wrap
Body wrap of your choice for a nourishing action (shea butter or revitalizing algae).

50min	185 CHF

Personalized treatment including a massage
Body scrub and a massage of your choice

1h 20min	265 CHF

Body Scrub, body wrap and a massage of your choice

1h 50min	320 CHF

Light Legs Treatment

1h 20min	215 CHF

HAND AND FOOT CARE

Express hand treatment, foot filing and cuticles

30min	90 CHF

Hand or foot treatment
Hair filing, cuticles, scrub, massage

50min	120 CHF

Nail varnish application

30min	30 CHF

Calluspeeling foot treatment
Calluspeeling is a treatment for new generation and an extraordinary softness. The gentle treatment with the Nescens Cellular cultures. It is ideal in addition with a foot treatment.

40min	150 CHF

OPI Semi-permanent application
Semi-permanent nail polish application

30min	45 CHF

Semi-permanent nail polish removal

30min	40 CHF

THE PACKAGES

Nescens discovery day
Our Spa Suite is all yours with relishes:
- Nescens Anti-aging preventive body care – Resurfacing (all skin)
- Anti-aging Signature body massage (80 min)
- Nescens Anti-aging preventive care facial (50min)
- Preventive eye care (30 min)

3.30pm - 6.30pm	320 CHF

Nescens ritual
The multisensory experience of Nescens for an incomparable moment of relaxation and well-being:
- Nescens well-being scrub (20min)
- Better-aging body massage (50 min)
- Nescens Anti-aging preventive care facial (50 min)

1h 20min	440 CHF

Couples Sunset Program
Our Spa Suite is all yours while enjoying a treatment as a couple.
- Private use of the Spa Suite, jacuzzi with perfumed salt and Tea ceremony
- Shared 50 minutes body massage per person
- Two glasses of champagne with sweet nibbles

5.30pm - 7.pm(pm	450 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 salt and Tea ceremony
- Shared 50 minutes body massage per person
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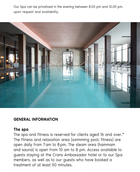
- Two glasses of champagne with sweet nibbles

1h 40min - 2 pers	350 CHF

Our Spa Suite can be privatized in the evening between 6.00 pm and 8.00 pm, upon request and availability.



GENERAL INFORMATION

The spa
The spa and fitness is reserved for clients aged 16 and over. The Fitness and relaxation area is reserved for clients aged 16 and over daily from 7am to 8pm. The steam area (hammam, sauna) is open daily from 7am to 8pm. Children are accessible to guests staying in the Crans Ambassador hotel or to our Spa members, as well as to our guests who have booked a treatment of at least 50 minutes.

"Swimming pool, children under 16 are not admitted to the swimming pool and jacuzzi. Children are not accessible to ambitious for children under 16. Children under 16 years are welcome at the Swimming pool between 7h00 and 18h00. Beyond those hours the Swimming pool is exclusively reserved for adults.

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 20minutes before your appointment in order to get ready to enjoy your experience and benefit from the full duration of your treatment. Access to the spa area and the Fitness is limited to 1 hour before your appointment. Clients not respecting the time. Clients not respecting the time limit will be charged the full treatment price. We guarantee when they make their reservation, a cancellation fee is not cancelled 24 hours in advance will be invoiced in full.

Sports & Fitness
Our Spa & Fitness area is ETH heated indoor swimming pool and jacuzzi, steam room, sauna, and a fitness equipment. The many activities organized in the great outdoors or at the hotel: Nordic walking, Yoga, Pilates, Aquagym, Aquabike classes are designed for people on every level, from introductory to advanced.

Treatments
Treatments are available daily between 10am and 7pm 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.

Cancellation policy
Treatments are reserved for at least 20minutes before your appointment in order to get ready to enjoy your experience and benefit from the full duration of your treatment. Access to the spa area and the Fitness is limited to 1 hour before you will be invoiced for the entire time. Clients not respecting the time limit will be charged the full treatment price. We guarantee when they make their reservation, a cancellation fee is not cancelled 24 hours in advance will be invoiced in full.

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