nescens
swiss anti-aging science
SPA

Spa Menu

AlpenGold
HOTEL
DAVOS

NESCENS SIGNATURE MASSAGES

Developed in conjunction with the scientific committee of the Nescens brand, our Signature massages are elaborated, 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 live better, to live longer...

Better-aging massage

Detoxifying, stimulating and draining, this exclusive massage targets all muscle and energy routes, concentrating mainly on your most sensitive areas as part of a long-term preventive approach. This results in long-lasting relaxation.

50 min	180 CHF
80 min	250 CHF

De-stressing massage

With its gentle pressing motion combined with targeted stretching, this therapeutic massage provides both physical and mental relaxation. It releases accumulated tension caused by daily routines that are often intense and stressful, freeing the body from abdominal discomfort. This treatment also improves quality of sleep, the capacity to recover from jet-lag as well as the ability to relax. The 50 min and 80 min treatments include key stretching phases for total relaxation.

50 min	180 CHF
80 min	250 CHF

MASSAGES

Classic Massage

Your classic Swedish body massage with a choice of almond or sesame oils.

50 min	180 CHF
80 min	250 CHF

Hot Stone massage

This unique massage combines all the benefits of a classic massage with the heat of basalt stones used to deeply relax the body and release muscular tension. This specific massage helps to improve blood circulation, boost the body's immune function and provide inner peace and tranquillity.

50 min	190 CHF
80 min	240 CHF

Sports Massage

Sports massage is a unique tissue stimulation for intensive performance and movement of the muscles.
It can be used before or after sports activities and is usually performed locally on the corresponding muscle.

60 min	200 CHF
80 min	250 CHF

Herbal Bath

The bath is perfect for unwinding after a day on the slopes and before a massage or facial. The herbs release the most active ingredients.

25 min	100 CHF

Back and Neck Massage

Relaxes neck and back muscles and relieves tension, fatigue and stress.

30 min	120 CHF

Anti Cellulite Massage

Anti-cellulite massage is a generic term for all types of massage in which the connective tissue is activated to gain more elasticity. In this way, you help, among other things, activate blood circulation, increase fat burning and support the lymphatic system.

50 min	180 CHF

Reflexology

Reflexology is an ancient healing art based on the theory that there are ten energy zones running through the body. These energy zones are gently worked on to release tension. Points on the feet relate to different parts of the body or organs. Special techniques eliminate blockages and promote wellbeing.

45 min	130 CHF

Deep Tissue Massage

Deep Tissue Massage is a massage technique that penetrates deep into the tissue with targeted and powerful movements. It focuses on the whole body, relieves tension, and works to reduce stress.

50min	180 CHF
80 min	250 CHF

Indian Head Massage

30 min	120 CHF

SPA PACKAGES IN COUPLE ROOM

Couple Harmony

The journey begins with a delicate rose foot ritual, in the comfort of your spa suite. The experience continues with a 60 minutes relaxing massage, a soothing cream will nourish the skin. An ending face and scalp massage will hydrate and oxygenate the skin.

160 min	500 CHF
+ 60 min	120 CHF

NESCENS FACIAL COSMECEUTICAL TREATMENTS

Preventive care treatments

Maintains the hydrolipidic balance, smoothes the first expression lines and preserves the skin's radiance.

Anti-aging preventive care luxury treatment

This treatment intensely hydrates face and neck while restoring the skin's natural moisturizing factors. It helps keep the skin's youthful appearance.

60 min 230 CHF

Antiaging preventive care moisturizing treatment

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

60 min 200 CHF

Anti-aging preventive care purifying treatment

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

60 min 220 CHF

Preventine Anti Aging Eye Area Rejuvenation

Nescens research has brought together 30 active ingredients in an original gel mask. Its texture is carefully worked by means of targeted smoothing and draining operations designed to treat the fragile eye contour tissues. Signs of fatigue and signs of advancing age (dark circles, bags, wrinkles) are mitigated. The gaze is lit up with a youthful glow.

30 min 120 CHF

This eye contour treatment may be combined with a 50 min Nescens facial cosmeceutical treatment.

25 min 90 CHF

CARED FOR FROM HEAD TO TOE

Manicure

Express Manicure	
30 min	90 CHF
Classic Manicure	
60 min	120 CHF
Luxury Manicure	
75 min	140 CHF
Varnish in combination with manicure	
Before treatment	+50 CHF

Varnish removal

20 min	30 CHF

Pedicure

Express Pedicure

30 min	90 CHF

Classic Pedicure

60 min	140 CHF

Luxury Pedicure

75 min	160 CHF

Varnish in combination with pedicure

Before treatment	+50 CHF

Varnish removal

20 min	30 CHF

Waxing

Leg

full 40 min	95 CHF
half 25 min	70 CHF

Bikinie (only zone)

30 min 45 CHF

Underarms

20 min 35 CHF

Chest

30 min 60 CHF

Back

30 min 75 CHF

Upper Lip

10 min 20 CHF

Chin

10 min 20 CHF

Upper Lip & Chin

25 min 30 CHF

Eyebrow Shaping

20 min 30 CHF

Tinting

All tinting requires a 24-hour patch test to check for allergies.

Eyelash Tint

20 min 30 CHF

Eyebrow Tint

10 min 20 CHF

Lash & Brow Tint

30 min 45 CHF

Eyebrow Shape + Tint

30 min 45 CHF

Make up

Make Up Express

35 min 60 CHF

Make-up for special occasion

60 min 120 CHF

Hair

Hair Wash And Easy Blow Dry

60 min 120 CHF

All other hair treatment prices vary upon request.

Peeling

Anti Cellulite Peeling with Mask

45 min 130 CHF

Salt peeling with mask

45 min 130 CHF

Herbal peeling with mask

45 min 130 CHF

Bath Therapy with Body Scrub

60 min 185 CHF

ETIQUETTE

The nescens Spa is an environment of tranquillity, relaxation and recreation. To ensure that your stay with us is as pleasant as possible we composed an overview with all relevant aspects, which you will find on the following pages. We kindly request our guests to respect this tranquillity and maintain the privacy of our other guests. Enjoy your stay with us.

APPOINTMENTS

Please reserve your Spa appointment in due time. Pleasebook Spa treatments and Day Spa packages via our Spa reception by phone +41 81 414 04 51 or by email: spa@alpengoldhotel.com

Cancellation or altering an appointment

In the event that you are unable to attend an appointment for personal reasons, please let us know at least 24 hours in advance, otherweise a 100 percent charge will be levied. In case of a no-show the full amount of the treatment will be charged.

Arrival

We invite you to check into the Alpine Spa 15 minutes prior to your scheduled appointment. We guide you to the treatment room. If you come late we ensure the remaining time although the session might be shortened if a following guest is scheduled. We charge for your initial reservation.

WHAT TO WEAR

We ask that in-house guests wear the bathrobe and slippers provided in their hotel room. Alternatively, we will be happy to provide you with a bathrobe and slippers at the Alpine Spa. The sauna area is the only textile-free zone due to hygiene reasons. Please sit on a towel when using the Sauna.

Treatment attire

Please wear light, loose clothing and socks during yoga and meditation. We recommend you enjoy all other massages and Spa therapies without clothing. Your body will be covered during massages and body treatments, with only the part currently being treated exposed.
We will be happy to provide disposable panties or briefs during treatment as required.

MEDICAL ISSUES

Please inform the reception team at the Alpine Spa or your therapist of any medical issues you may have (e.g. high blood pressure, heart problems or pregnancy, etc.).

Pregnancy and breastfeeding

Specific rules apply during this wonderful time in a woman's life, and we will be happy to advise you in person regarding suitable treatments which you can enjoy during pregnancy and after giving birth. (No massage treatments can be carried out during the first trimester).

CHILDREN AND TEENAGERS UNDER THE AGE OF 16

Due to safety reasons, the use of the fitness centre equipment is only permitted by those aged 16 and above.
For the use of our sauna area children under the age of 16 years must be accompanied by a responsible adult.
Pool opening hours for children under the age of 16:
9 am to 6 pm

VALUABLES

We suggest that you leave all valuables in the safe provided in your room. For external guests we recommend to leave all valuables in your locker. The Alpine Spa takes no responsibility for any loss of valuables.

GENERAL INFORMATION

Please note the general ban of smoking in the entire Spa area. Please switch mobile phones to silent mode and refrain from using laptops and cameras out of consideration for other guests. We ask you to refrain from eating, drinking alcohol and using glass bottles in the entire Spa area.

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