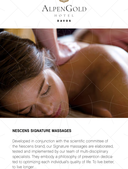
nescens®
THE SPA

Spa Menu



NESCENS SIGNATURE MASSAGES

Developed in conjunction with the scientific committee of Nescens, these unique, high-end treatments are professionally tested and implemented by our team of multi-disciplinary specialists. They embody a philosophy of prevention dedicated to optimizing each individuals quality of life. To feel better, to live longer.

Better-aging massage

Slow, rhythmic strokes and draining this exclusive massage targets all muscle and energy blocks, concentrating mainly on your most sensitive areas as part of a long-term preventive approach. This result is long-lasting relaxation.

50min	90 CHF
80min	130 CHF

De-stressing massage

With its gentle pressure motion combined with targeted stretching, the therapeutic movements bring both physical and mental relaxation to release accumulated tension. Deep breathing exercises are also incorporated and are easily learned from practicing from autonomic discharge. This treatment also improves quality of sleep, the capacity to recover from stress, and the ability to focus and think clearly. The effect of treatments include less stretching phases for total relaxation.

50min	90 CHF
80min	130 CHF

MASSAGES

Classic Massage

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

50min	90 CHF
80min	130 CHF

Hot Stone massage

This unique massage combines all the benefits of a classic massage with the healing properties of hot stones placed on the body and release muscular tension. The specific massage helps to improve blood circulation, boost the body's immune function and provide inner peace and tranquility.

50min	90 CHF
80min	130 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.

50min	90 CHF
80min	130 CHF

Herbal Bath

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

50min	55 CHF

Back and Neck Massage

Release neck and back muscles and relieve tension, fatigue and stress.

25min	50 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 the way you help among other things, to reduce cellulite appearance, increase blushing and activate the lymphatic system.

50min	90 CHF
80min	130 CHF

Reflexology

Reflexology is an ancient healing art based on the theory that there are reflex points in the hands and feet of the body. These energy points are gently worked on to release tension. Forms on the feet relate to different parts of the body or organs. Special techniques enhance blockages and promote wellbeing.

50min	90 CHF
80min	130 CHF

Deep Tissue Massage

Deep Tissue Massage is a massage technique that concentrates on the deeper layers of muscle tissue and connective movements. It focuses on the whole body, release tension and works to reduce stress.

50min	90 CHF
80min	130 CHF

Indian Head Massage

50min	90 CHF

SPA PACKAGES IN COUPLE ROOM

Couple Harmony

This journey begins with a delicate rose foot ritual, in the comfort of your spa suite. The experience continues with a 50 minutes relaxing massage, ending a luxurious meal hours*. Enjoy the energy bars and scalp massage will hydrate and invigorate the skin.

50min	190 CHF

NESCENS FACIAL COSMECEUTICAL TREATMENTS

Preventive care treatment

Refreshing and hydrating treatment, smoothes the first signs of wrinkles and protects the skin's radiance.

50min	150 CHF

Anti-aging preventive care luxury treatment

Treatment intensely hydrates lipid and lock skin, while restoring the skin's natural moisturizing factors. It helps keep the skin's youthful appearance.

50min	250 CHF

Antiaging preventive care moisturizing treatment

Nectarea this extra-rich treatment combines age-related cellular damage, while ensuring a smooth and more sensitive skin tones.

50min	250 CHF

Preventive Anti Aging Eye Area Rejuvenation

Nectarea's revolutionary eye contour gel. Active ingredients in an original gel mask. Its texture is carefully worked by hand to provide a pleasant sensation of relaxation. Results are so magical that the gel mask has cortical tissue. Signs of fatigue and signs of advancing age (dark circles, bags, wrinkles) are mitigated. The gaze is lit up with a youthful glow.

50min	150 CHF

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

50min	190 CHF

CARED FOR FROM HEAD TO TOE

Manicure	Prices = 10 CHF
Express Manicure	
30min	30 CHF
Classic Manicure	
50min	50 CHF
Luxury Manicure	
1h	90 CHF
Varnish in combination with manicure	
Extra manicure	20 CHF
Varnish removal	10 CHF

Pedicure	
Express Pedicure	
30min	50 CHF
Classic Pedicure	
50min	70 CHF
Luxury Pedicure	
1h	90 CHF
Varnish in combination with pedicure	
Extra manicure	20 CHF
Varnish removal	10 CHF

Waxing	
Leg	
Half Legs	30 CHF
Full Legs	50 CHF
Arms (only once)	
20min	40 CHF
Underarms	
20min	30 CHF
Chest	
30min	60 CHF
Back	
30min	60 CHF
Upper Lip	
10min	20 CHF
Chin	
10min	20 CHF
Upper Lip & Chin	
20min	35 CHF
Eyebrow Shaping	
20min	30 CHF

Tinting	
All tinting requires a 24 hour patch test to check for allergies	
Eyelash Tint	
30min	30 CHF
Eyebrow Tint	
30min	30 CHF
Lash & Brow Tint	
30min	40 CHF
Eyelashes Shape + Tint	
30min	50 CHF

Make up	
Make-up Express	
30min	80 CHF
Make-up for special occasion	
60min	150 CHF

All other hair treatment prices very upon request.

Peeling	
Anti Cellulite Peeling with Mask	
50min	150 CHF
Salt peeling with mask	
50min	150 CHF
Herbal peeling with mask	
50min	150 CHF
Bath Therapy with Body Scrub	
50min	150 CHF

ETIQUETTE

The Alpenz Spa is an environment of tranquility, relaxation and revitalisation. To ensure that your stay with us remains pleasant, we kindly request your cooperation with the following: Please arrive 15 minutes before your treatment. We kindly request our guests to respect this tranquility and ensure the privacy of our other guests. Enjoy your visit!

APPOINTMENTS

Please reserve your Spa appointment in due time. Appointments can be made directly at the Spa reception or by Spa Receptionist by phone +41 81 414 24 11 or by email: spa@alpenz-gryphon.com

Cancellation or altering an appointment

In the event that you are unable to attend an appointment please contact the reception as soon as possible. If you do not cancel or alter your appointment, we will charge you the full amount.

Arrival

We ask 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 will do our best to keep your allotted time. However, the session might be shortened if a following appointment is scheduled. We charge for your initial reservation.

WHAT TO WEAR

We ask that in Nescens guests wear the bathrobe and slippers provided in their hotel room. Alternatively, we will provide bathrobe and slippers for a fee of 20 CHF upon request at the Alpine Spa. The sauna area is the only bathing area where a bathing suit is required. Please ensure that your bathing suit is clean.

Treatment attire

Please wear light loose clothing and socks during yoga and meditation. We recommend you wrap all other treatments in towels. Please remove all jewelry. 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 if you have any medical issues, such as a high blood pressure, heart problem or pregnancy etc.

Pregnancy and breastfeeding

Women have many joyful and wonderful times in a woman's life, and we will be happy to advise you in person regarding suitable treatments which can ease your enjoy during pregnancy and after giving birth. But massage treatments cannot be carried out during the first trimester.

CHILDREN AND TEENAGERS UNDER THE AGE OF 16

Children under the age of 16 are not allowed in the Alpine Spa. We kindly request that parents make arrangements for the care 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 years 12 pm-5 pm.

VALUABLES

We kindly ask 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 use of smoking in the entire Spa area. Please switch mobile phones to silent mode and refrain from using them in the Spa area out of consideration for our guests. We ask you to refrain from eating, drinking alcohol and using glass bottles in the entire Spa area.

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