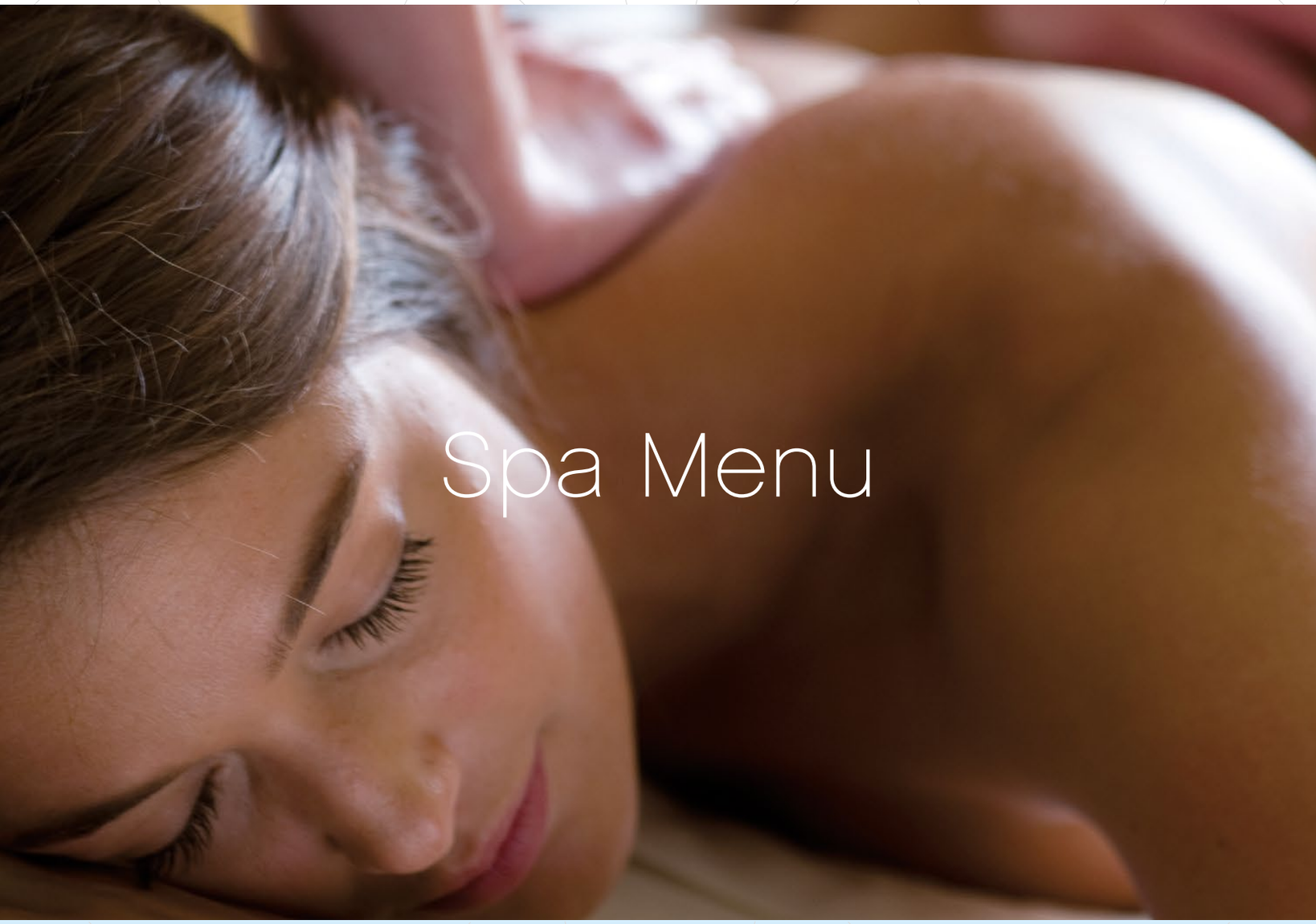
nescens
swiss anti-aging science
SPA

CRANS AMBASSADOR
CRANS-MONTANA



NEW SOMMER RITUALS

Instant Rejuvenation Ritual by Nescens
This innovative treatment begins with the Nescens Double Cleanse, a deep skin renewal protocol, followed by a moment of repair with the application of the bio-identical reconstituting mask, massaged in to optimize the benefits of the products. A cocktail of powerful ingredients to boost skin regeneration and elasticity is then diffused by meso-aesthetics deep into the skin, promising immediate visible results. The complexion glows, skin texture is smoothed, and the face is plumped.

1 h 20 min	310 CHF

New-generation facial moisturizer by Nescens
Wonderful Signature treatment combining Nescens double cleansing and the application of our exclusive multimasking, massaged in at length to allow the skin to sublimate.
A ritual boosted by the meso-aesthetic diffusion of an exclusive complex of hyaluronic acids that deeply boosts the skin's hydration. Fine lines are smoothed, the face is plumped and radiantly fresh.

1 h 20 min	310 CHF

Muscular & Restorative Massage
Developed by the experts at Clinique Nescens, the Muscular and Restorative Massage is the ideal way to recover after a sport session, relieve tension caused by poor posture or indulge in a moment of memorable relaxation.
Its gestures are as enveloping as they are powerful, as technical as they are immersive, and consider the whole body, making this massage an invitation to let go and experience a precious moment of comfort.

50 min	185 CHF
1 h 20 min	255 CHF

THE EXPERT RITUALS (add-on 30 min / 140 CHF)
(The expert rituals can be realized alone or after a treatment)

Hyaluronic Acid shot
Extend your treatment or massage with the expert ritual that includes a deep cleansing of the skin and the diffusion of an exclusive hyaluronic acid complex. Let the stress of the day melt away for an immediate radiance boost and long-lasting hydration.

Going back in time

Rethink your treatment or massage by extending it with this new anti-aging treatment by Nescens. Once your face has been perfectly 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, if repeated regularly, proves even more effective.

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. Combined with the use of a lymph drainage device for 80 minute-treatment, this massage releases blockages and eases tension.

50 min	185 CHF
1 h 20 min	255 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 one hour and 20-minute treatment includes key stretching phases for total relaxation.

50 min	185 CHF
1 h 20 min	255 CHF

WELL-BEING MASSAGES

Hot volcanic stone massage

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

1 h 20 min — 255 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 — 185 CHF

TARGETED MASSAGES

Back massage

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

20 min — 90 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.

20 min — 90 CHF

Scalp massage

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

20 min 90 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 corrective care treatment – Eye contour Renovating
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 advancing age are mitigated. The gaze is lit up with a youthful glow.

30 min	130 CHF

Anti-aging preventive care treatment – Moisturizing
This treatment intensely hydrates face and neck while restoring the skin's natural moisturizing factors. It helps keep the skin's youthful appearance.

50 min	195 CHF
1 h 20 min	265 CHF

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

50 min	195 CHF
1 h 20 min	265 CHF

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

1 h 20 min	265 CHF

Correcting care treatment
Treats established wrinkles, firms the skin, restoring a glowing, smooth complexion.

Anti-aging correcting care treatment – Firmness
This revitalizing treatment restores the elasticity and firmness of the skin, intensively regenerates the skin structure of face, neck and chest.

50 min	195 CHF
1 h 20 min	265 CHF

Repairing care treatment
Offers a comprehensive anti-aging strategy, combining performance and well-being.

Anti-aging repairing care treatment – Premium
High-performance cosmeceutical formulations and targeted movements are the main focus of this treatment, combining luxury, effectiveness and absolute comfort. This exceptional treatment induces a sense of deep relaxation during a targeted back modeling massage, which is followed by an anti-aging correcting care facial treatment.

1 h 45 min	320 CHF

FOR MEN

Skin removal Face Care

50 min	195 CHF

Eye contour treatment

30 min	130 CHF

Customized sport massage

50 min or 1h 20 min	185 or 255 CHF

Beauty of hands and feet

50 min	120 CHF

Caluspeeling

50 min	130 CHF

BODY CARE TREATMENT

Anti-aging preventive body care treatment – Resurfacing Body Scrub

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

45 min — 175 CHF

Personalized Body Wrap

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

45 min — 175 CHF

Personalized treatment including a massage

Body scrub and a massage of your choice

1 h 20 min — 275 CHF

Body Scrub, body wrap and a massage of your choice
1 h 50 min 350 CHF

Light Legs Treatment
1 h 20 min 275 CHF

HAND AND FOOT CARE

Express hand beauty, Nail filing and cuticles
25 min 80 CHF

Hand or foot treatment

Nail filing, cuticles, scrub, massage
50 min 120 CHF

Nail varnish application
20 min 30 CHF

Calluspeeling foot treatment

Treatment that gives the feet a new splendor and an extraordinary softness. This gentle treatment completely eliminates calluses. It is ideal in addition with a foot treatment.
50 min 130 CHF

OPI Semi-permanent application

Semi-permanent nail polish application
20 min 60 CHF

Semi-permanent nail polish removal
25 min 40 CHF

THE PACKAGES

Nescens discovery day

- Wellbeeing Detox juice with nibbles
- Nescens Anti-aging preventive body care – Resurfacing (45 min)
- Better-aging Signature body massage (80 min)
- Nescens Anti-aging preventive care facial (50 min)
- Preventive eye care (30 min)

3 h 50 min — 620 CHF

Nescens ritual

The matchless expertise of Nescens for an enchanting experience dedicated to your youthfulness.

- Nescens well-being scrub (20 min)
- Better-aging body massage (50 min)
- Nescens Anti-aging preventive care facial (50 min)

2 h — 440 CHF

Couples Summit Program

Our Spa Suite is all yours while enjoying a treatment as a couple.

- Private use of the Spa Suite, jacuzzi with parfumed salt (30 min)
- Selected 50-minute body massage per person
- Two glasses of champagne with sweet nibbles

1 h 20 min – 2 people 490 CHF

Duo Ambassador Program

Our Spa Suite is all yours while enjoying a ritual for two.

- Private use of the Spa Suite, jacuzzi with parfumed salt (30 min)
- Nescens Well-being scrub (20 min)
- Selected 50-minute body massage per person
- Two glasses of champagne with sweet nibbles

1 h 40 min – 2 people 590 CHF

Our Spa can be privatized in the evening between 8.00 pm and 10.00 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 (swimming pool, fitness) are open daily from 7 am to 8 pm. The steam area (hammam and sauna) is open from 10 am to 8 pm. Access available to guests staying at 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 pool unless accompanied by an adult. Sauna and hammam: no admittance 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.

The spa provides guests with a locker and linen for use while at the spa. Management takes no responsibility for personal items placed in lockers or left in the spa. The management reserves the right to open any lockers left locked at the end of the day and to remove any items inside. You are invited 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 in the event of any loss, deterioration or theft of your valuables, nor 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. Smoking is strictly forbidden in the Spa area. For safety reasons, no glass containers are allowed anywhere within the whole spa, pool and fitness area.

Treatments

Treatments are available daily between 10 am and 7 pm 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 20 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 invoiced for the entire time. Clients not residing 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 1,300 m² club has a 17 m heated indoor swimming pool and a gym boasting a large variety of equipment. The many activities organised in the great outdoors or at the hotel, including golf, skiing, cardio-training, fitness and ultra-trail, are designed for people on every level, from introductory to advanced.