

# SPA MENU

**NESCENS**  
SWITZERLAND

L A R É S E R V E R A M A T U E L L E H O T E L , S P A A N D V I L L A S

# CONTENTS

New Summer Spa Experiences	6
Skincare Nescens Expertise	8
Nescens Metamorphose Treatments	10
Expert Rituals	12
Skincare Boosters	14
Nescens Massages	16
Specific Massages	18
Body Treatments	20
Endermologie	22
Beauty Studio	24
Holistics Journeys	26
Dream days at La Réserve Ramatuelle	28
Nescens Better-Aging Journeys	30
Fitness	38
Eric Canino, 2-Michelin starred chef	42
Clinique Nescens	44
General Information	46

# NESCENS SPA AT LA RÉSERVE RAMATUELLE

The exceptional environment of the Spa Nescens of La Réserve Ramatuelle promotes a profound, sometimes long-forgotten sense of well-being. The sight of the sea, the soft southern breezes, the surreal beauty of the location, the omnipresence of nature: all the essential elements are united to enable you to savor an almost organic form of happiness, and to feel yourself entirely in tune with the world. Another world...

Allow yourself to drift away on a tide of sensations and to be revitalized from within, gently and at your own pace. As you revel in the pleasure of at last fully experiencing the moment in hand, you are in fact preparing for the future...

Whether you wish to simply let yourself go and experience deep relaxation, recapture a slender, toned figure, or recover your natural dynamism, the Spa Nescens of La Réserve Ramatuelle invites you to discover a selection of treatments and programs stemming from the latest advances in the field of health, fitness and aesthetics.

All the treatments and programs are personalized and dispensed by a multi-disciplinary team of therapists.







# WHAT'S NEW THIS SUMMER

## **MUSCLE AND REPAIR MASSAGE**

Developed by the experts at Clinique Nescens, this is the ideal way to recuperate after a sports session, relieve tension caused by poor posture or indulge in a moment of memorable relaxation. Its powerful over-all movements, both technical and all-encompassing, involve the entire body, making this massage a not-to-be-missed opportunity to let go while experiencing a precious moment of comfort.

*To discover on page 16.*

## **NESCENS AND OXYLIGHT METAMORPHOSE TREATMENTS**

Nescens further develops its Skincare expertise with Oxylight technology and offers customized treatments with enhanced effects thanks to diamond dermabrasion, oxygen, ultrasound, microcurrent and LED therapy.

*To discover on page 10.*

## **SKINCARE BOOSTERS**

Skincare Boosters are short protocols designed to complement a treatment or massage while substantially increasing the effectiveness of Nescens treatments.

*To discover on page 14.*

## **BETTER-AGING FACIAL RITUAL**

A five-step facial ritual combining skin cleansing, muscular preparation, drainage movements, powerful facial lifting and accessories to boost collagen production. Skin is firmed, wrinkles reduced and a glowing complexion results. In 80 minutes option, the treatment begins with a Better-Aging Body Ritual back massage, offering a holistic moment of repair and rejuvenation.

*To discover on page 13.*

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## **WOMEN'S BETTER-AGING**

Helping women feel fulfilled, beautiful and happy is one of Nescens' caring values. The BAWV package is punctuated by oxygenating walks in the heart of this exceptional landscape, as well as yoga and Pilates sessions to help you become more grounded and adaptable.

*To discover on page 33.*



# SKINCARE NESSENS EXPERTISE

Resulting from advanced research by the Swiss Genolier laboratories, and formulated under the supervision of Professor Jacques Proust, the Nescens range of cosmeceuticals offers a resolutely innovative skincare approach.

## **CUTTING-EDGE & HIGH PERFORMANCE TREATMENTS**

Combining technicality with absolute comfort, Nescens treatments achieve their full effect when dispensed in programs or closely-spaced sessions.

## **COMPLETE CUSTOMER CARE**

Nescens treatments are designed to act over time and offer personalized support. All age-related skin concerns are at the center of each Nescens treatment protocol.

## **AN EXCLUSIVE TARGETED MASSAGE TECHNIQUE**

The Nescens beauty therapist determines the zones to be specifically treated and recontoured, personalizing the massage to obtain the desired improvements. The dynamic Nescens techniques help eliminate signs of fatigue, regenerate the quality of the muscle fibers, and restructure facial contours.

## **REVITALIZED, DEEPLY REJUVENATED SKIN**

Results are clearly apparent after the initial treatments. Cellular tissue is intensely restored and resurfaced. The face, neck and chest are visibly rejuvenated. Wrinkles are visibly smoothed and reduced. The complexion is brighter and more even.



# NESCENS METAMORPHOSE TREATMENTS

Nescens is reinforcing its Skincare expertise with Oxylight technology, offering tailor-made treatments with tenfold effects thanks to diamond dermabrasion, oxygen, ultrasound, microcurrent and LED therapy. These are cutting-edge facial treatments using innovative technology.

## CONCEPT RESET

Dedicated to revitalizing the skin's cellular renewal mechanisms, this treatment begins with a powerful diamond dermabrasion step, followed by the application of a Nescens reconstituting mask massaged into the skin, its action enhanced tenfold by LED therapy combined with the antioxidant virtues of ionized oxygen. The treatment ends with a high-pressure oxygen spray combined with Nescens bio-identical serum for powerful, long-lasting moisturizing action.

60 min / 280 €

## ULTIMATE METAMORPHOSIS

Exceptional treatment for those seeking immediate and lasting visible results. Combining diamond dermabrasion, high-frequency ultrasound, microcurrent, LED therapy and oxygen diffusion, the skin comes back to life, its radiance and firmness restored, features incredibly smoothed and the oval of the face redefined. The action of the Nescens products used in each stage of the treatment is enhanced multifold, optimizing cell regeneration and collagen production.

90 min / 350 €

## CONCEPT REPAIR

During this treatment, High-Frequency Ultrasound action encourages cell regeneration and plumps the skin. A lipid-replenishing mask generously massaged into the face during the LED therapy and ionized oxygen session helps reduce inflammation and deeply nourish the skin. A comforting ritual that reinforces the skin's natural repair process.

60 min / 280 €

## NESCENS & OXYLIGHT MAGISTRAL TREATMENT

Nescens and Oxylight have developed a transforming ritual combining all the key stages of this unique technology with a lifting, plumping "better-aging" facial massage. Diamond Dermabrasion renews the skin and prepares it for regeneration with high-frequency ultrasound. Myolight microcurrent redefines facial contours and opens up the eyes. LED therapy with ionized oxygen diffusion boosts collagen production, multiplying the effects of Nescens products and enhancing the skin, which at the same time benefits from the enveloping, remodeling movements of the Better-Aging massage. A unique experience for those in search of incomparable results, combining technology and manual expertise.

2 h / 420 €

# EXPERT RITUALS

## NESCENS CELLULAR REJUVENATION RITUAL

*Mesoaesthetics for immediate results.*

An exceptional treatment dedicated to enhancing the skin, plumping it up and reshaping facial contours. Starting with the Nescens Double Cleanse, a deep skin renewal protocol, pores are tightened and the complexion regains its glow. This is followed by a restorative moment with the application of a bio-identical reconstituting mask, massaged in to optimize the penetration of active ingredients. A cocktail of powerful components to boost skin regeneration and elasticity is then diffused by meso-aesthetics, promising instant visible results.

**80 min / 320 €**

## DETOX NESCENS TREATMENT

A rebalancing treatment dedicated to refining skin texture and regulating excess sebum. It includes deep cleansing, a soothing drainage massage to reduce inflammation and the application of the bio-identical Nescens reconstituting mask. The result is clear, luminous and soothed skin.

**50 min / 230 €**

## REPAIRING AND MOISTURIZING TREATMENT

A treatment that soothes and deeply regenerates reactive skin structures, ideal after a day at the beach. Thanks to a protocol combining gentle cleansing, regenerating massage and a Nescens lipid-replenishing face mask, the Repairing and Moisturizing treatment soothes even the most sensitive epidermis, boosting the skin's natural functions and the main markers of youthfulness. During the 80 minutes option, skin regains resilience, softness and comfort, the facial massage is extended and the mask is accompanied by a foot and hand massage.

**50 min / 230 € . 80 min / 295 €**

## RE NESCENS TREATMENT

A revitalizing, replenishing treatment that restores skin elasticity and firmness, intensely regenerating skin structures on the face, neck and chest. The double cleansing combined with the Keratolytic complex has a powerful renewing effect on tissues, which then benefit from the lipid-replenishing and firming active ingredients in Nescens products. The lifting and remodeling massage at the heart of this ritual gives skin renewed youthfulness.

**80 min / 295 €**

## BETTER-AGING FACIAL

A five-step facial ritual combining skin cleansing, muscular preparation, drainage movements, powerful facial lifting and accessories to boost collagen production. Skin is firmed, wrinkles reduced and a glowing complexion results. In the 1h30 option, the treatment begins with a Better-Aging Body Ritual back massage, offering a holistic moment of repair and rejuvenation.

**50 min / 250 € . 80 min / 320 €**







# SKINCARE BOOSTERS

Skincare Boosters are short protocols designed to complement a treatment or massage while substantially increasing the effectiveness of Nescens treatments.

## **HYALURONIC ACID SHOT**

Performed alone, after a treatment or massage, this expert ritual includes a deep cleansing of the skin and the diffusion of an exclusive hyaluronic acid complex by meso-aesthetics. Ideal for replenishing the skin after sunny days at La Réserve à la Plage.

**30 min / 110 €**

## **YOUTH ELIXIR**

Rethink your treatment or massage by extending it with this new anti-aging solution from Nescens. Once your face is perfectly prepared, an exclusive anti-aging complex of peptides and vitamins applied to your skin brings an immediate transformation, enhanced elasticity and firmness, and incomparable radiance.

**30 min / 110 €**

## **EXPERT RITUAL FACE**

An expert ritual to prolong a body massage and enjoy exceptional results in a very short time, thanks to Nescens expertise. The Keratolytic complex applied after cleansing instantly smooths skin and tightens pores. Finally, a targeted facial massage with lifting and reshaping movements enhances skin radiance and firmness, making signs of fatigue disappear.

**30 min / 110 €**

## **EYE CONTOUR RENEWAL TREATMENT**

A ritual dedicated to enhancing the beauty of the eyes with a massage featuring smoothing, drainage and lifting movements. The treatment continues with the application of a rejuvenating gel mask, massaged into the eye contour area. Its 30 active ingredients erase signs of fatigue and restore youthfulness to the eyes.

**30 min / 110 €**



# NESCENS MASSAGES

Elaborated, tested and implemented by our team of multi-disciplinary specialists, our signature treatments embody a philosophy of prevention dedicated to optimizing each individual's quality of life. To live better for longer...

## **MUSCLE AND REPAIR MASSAGE**

Developed by the experts at Clinique Nescens, this is the ideal way to recuperate after a sports session, relieve tension caused by poor posture or indulge in a moment of memorable relaxation. Its powerful over-all movements, both technical and all-encompassing, involve the entire body, making this massage a not-to-be-missed opportunity to let go while experiencing a precious moment of comfort.

**60 min / 250 € . 90 min / 310 €**

## **BETTER-AGING BODY MASSAGE**

This detoxifying, stimulating and draining 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. This massage releases blockages and eases tension, while activating cell regeneration and stimulating skin oxygenation as well as muscle tone.

**50 min / 220 € . 80 min / 285 €**

## **DESTRESSING MASSAGE**

Using firm yet gentle movements, this therapeutic massage procures physical and mental relaxation. It soothes accumulated tensions due to an often intense and stressful daily pace. This treatment improves the quality of sleep, the ability to recover from jet-lag as well the capacity for unwinding.

**50 min / 220 € . 80 min / 285 €**





### OSTEOPATHY

Graduate Experts in Ostopathy & Physiotherapy, the Oteopaths of Spa Nescens have many years of experience in hospital & private practice settings. With a comprehensive approach of the body, a thorough understanding of mobility and postural habits, they accompany you to feel better & stronger during your training sessions. They have the keys to relieve injuries, tensions & discomforts related to unbalanced posture

**Osteopathy session / 220 €**

# SPECIFIC MASSAGES

### TARGETED MASSAGE

Focusing on the head, feet, back or legs, the targeted massage is the ideal precursor to a Nescens facial treatment or simply for enjoying a moment of total relaxation after a long day.

**30 min / 110 €**

### FOOT REFLEXOLOGY

Massage and stimulation of specific reflex points of the feet, accompanied by a scalp massage. Reflexology reduces stress, improves circulation, soothes body tension, enhances relaxation.

**50 min / 220 €**

### THAI MASSAGE

An ancestral practice combining acupressure points, stretching and mobilization, traditional Thai massage frees the body and mind of all tension. It relieves tense muscles, stimulates blood circulation and unblocks energies. These oil-free, dynamic and fluid manipulations are performed on a futon on the floor by a therapist in traditional dress.

**60 min / 240 € . 90 min / 295 €**

### PRE-NATAL TREATMENT

*From the fourth month of pregnancy to eight and a half months.*

This preventive massage combines a soft and relaxing touch as well as treatment of body tissues. A specific protocol is followed to limit the production of cellulite due to hormonal changes, through manual and mechanical massage focused on the lower part of the body. This treatment also includes therapeutic techniques to destress sensitive zones and frequently painful areas such as the back, neck, shoulders and feet.

**50 min / 220 €**

# BODY TREATMENTS

## BALNEOTHERAPY

Water, air, light and a variety of jets have an effective draining action on the lymphatic system and promote the absorption of marine-based active ingredients. Our baths are enriched with marine spring water and essential oils adapted to specific needs (slimming, vitality, anti-crystalloid action).

20 min / 100 €

## SCRUBS

A wide choice of different sweet and savory scrubs for a gentle, revitalizing effect. The application of a nourishing oil of your choice completes the 50-minute treatment.

20 min / 100 € . 50 min / 220 € . 80 min / 285 €

## BODY WRAPS

Alternating wraps of mud and seaweed rich in vitamins, trace elements, mineral salts and antioxidants contributes to the elimination of toxins and to the restoration of the body's mineral levels. These wraps are also recommended for muscle and/or joint pain and are beneficial in the treatment of cellulite.

20 min / 100 €

## CRYOTHERAPY AND PRESSOTHERAPY

Ideal after a Nordic walking or sports coaching session, this combined cryotherapy and pressotherapy treatment facilitates muscular recovery. Its draining effect also relieves the sensation of heaviness in the legs.

Per 30 min session / 100 €

Three-session program / 280 €

Three-session program with scalp massage / 560 €







# ENDERMOLOGIE

**LPG® ENDERMOLOGIE BODY**

This program combines our team’s expertise with the proven effectiveness of LPG® Endermologie mechanical stimulation for visible, sustainable results. During the first appointment, our therapist conducts an analysis that includes a cellulite assessment and mapping, as well as taking centimeter and bio-impedance measurements. The specific type of any excess weight or fat, as well as its exact location and density, are studied so as to work with you in determining the objectives being targeted and your treatment program. Our therapists’ skill in lipolysis (elimination of fat), lymph drainage, stimulation of the circulatory system to eliminate toxins and the various LPG® Endermologie techniques, enables them to provide personalized treatment for optimal effectiveness using safe, tried and trusted means. The results are analyzed throughout the program. Your figure will be trimmed and toned with more harmonious curves and firmer skin texture.

- Per 50 min session / 190 €
- Five-session program / 800 €
- Ten-session program / 1 500 €

**FACIAL ENDERMOLOGIE®**

Based on mechanobiology  
The only technique in the world that naturally stimulates dermal fibroblasts for enhanced :  
- Firmness (collagen)  
- Suppleness (elastin)  
- Volume and hydration (hyaluronic acid)

- |   |   |
|---|---|
| Per 30 min session / 100 €                            | Per 50 min session / 190 €                            |
| Five-session program / 450 €<br>(session value: 90 €) | Five-session program/ 800 €<br>(session value: 160 €) |

# BEAUTY STUDIO

## HAND AND FOOT CARE

Kure Bazaar Hand  
or foot beauty treatments for Her  
For any hand or foot beauty treatment, you receive  
a complimentary Kure Bazaar nail polish in the  
color of your choice. Kure Bazaar is the first new-  
generation nail polish combining the principle of  
an eco-friendly formula with the vibrant colors of  
Parisian fashion.

Kure Bazaar Well-being hand or foot treatment (80 min)  
*Nail filing, cuticles, scrub, massage and nail polish*  
\_\_\_\_\_ 140 €

Kure Bazaar Bresilian hand or foot treatment (60 min)  
*Nail filing, cuticles, cream application and nail polish*  
\_\_\_\_\_ 110 €

Express hand or foot treatment (30 min)  
*Without nail polish*  
\_\_\_\_\_ 65 €

Nail polish (30 min)  
\_\_\_\_\_ 35 €

Filing and nail polish (25 min)  
\_\_\_\_\_ 50 €

O.P.I. semi-permanent application  
Semi-permanent nail polish application (30 min) \_\_\_\_\_ 65 €  
Semi-permanent French nail polish application (40 min) \_\_\_\_\_ 65 €  
Semi-permanent nail polish removal (30 min) \_\_\_\_\_ 35 €

Hand or foot beauty treatment for Him  
Hand or foot treatment (45 min) \_\_\_\_\_ 100 €

## WAXING

Lips \_\_\_\_\_ 20 €  
Chin \_\_\_\_\_ 20 €  
Eyebrows \_\_\_\_\_ 40 €  
Face \_\_\_\_\_ 60 €  
Underarms \_\_\_\_\_ 30 €  
Arms \_\_\_\_\_ 50 €  
Classic bikini \_\_\_\_\_ 40 €  
Brazilian \_\_\_\_\_ 65 €  
Hollywood \_\_\_\_\_ 80 €  
Half-legs \_\_\_\_\_ 60 €  
Complete legs \_\_\_\_\_ 90 €  
Back \_\_\_\_\_ 90 €  
Chest & abdomen \_\_\_\_\_ 90 €

## INTENSE EYE DEFINITION

Eyelash tinting (20 min) \_\_\_\_\_ 40 €  
Eyebrow tinting (20 min) \_\_\_\_\_ 40 €





# HOLISTICS JOURNEYS

## BETTER AGING RITUAL

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

- Better Aging Body Massage (50 min)
- Nescens Face Ritual (60 min)
- Chi Nei Tsang (50 min)

**Better Aging Ritual (3h) / 560 €**

## FIRMNESS CONCEPT

Our teams expertise with the proven effectiveness of LPG Endermologie mechanical stimulation for visible and sustainable results.

- Body wrap (30 min)
- LPG Endermology Body (50 min)
- LPG Endermology Face (30 min)
- Hyaluronic Acid Shot (30 min)

**Firmness Concept (2h30) / 400 €**







# DREAM DAYS AT LA RESERVE RAMATUELLE

A dreamy & rejuvenating day at La Reserve Ramatuelle immerses you in a world of ultimate relaxation, offering exclusive access to our wellness journey, cutting-edge treatments and a poolside restaurant lunch.

**A REJUVENATING DREAM DAY**

- Personalized balneotherapy (20 min)
- Personalized body scrub (20 min)
- Better-aging body massage (50 min)
- Lunch at the Pool restaurant

**Classic Dream Day / 495 €**

**NESCENS METAMORPHOSIS DAY**

- Seaweed Body Wrap (30 min)
- Repairing Muscle Massage (60 min)
- Oxylight Metamorphose Ultime (90 min)
- Lunch at the pool restaurant

**Nescens Metamorphosis Day / 670 €**

**ULTIMATE DREAM DAY**

- Foot reflexology (30 min)
- Better-aging body massage (50 min)
- Facial at choice (50 min)
- Eye Contour Renewal Treatment (30 min)
- Lunch at the Pool restaurant

**Ultimate Dream Day / 650 €**

# NESCENS BETTER-AGING JOURNEYS

Within the unique setting of La Réserve Ramatuelle, the Spa Nescens has put together unique Better-Aging stays dedicated to helping each individual feel fulfilled, happy and in better shape for as long as possible. Drawing on the expertise of the Clinique Nescens (Switzerland), a pioneer in the field of healthy aging, these stays are an opportunity to achieve personal goals in terms of performance, letting go and holistic beauty. Thanks to a team of Nescens experts and bespoke programs combining exercise, avant-garde treatments and a healthy, wholesome diet, stress is relieved, energy is

restored and health is preserved. Lunches and dinners are served in the pool restaurant and La Voile restaurant, where the chef Eric Canino interprets Mediterranean flavors through light, finely balanced cuisine. Better-aging nutrition enables you to achieve lasting, frustration-free slimness, or simply to learn how to eat better while preserving the pleasure of living well. Note that most of the fruit and vegetables come directly from the culinary garden of La Réserve Ramatuelle.

Better-Aging journeys are also available without accommodation. They are available from May to October excluding July & August.







**TYPICAL DAY**

8.00 am: Yoga Session 50’

9.00 am: Healthy Breakfast

10.00 am: Personal Training 50’

12.00 am: Healthy Lunch

3.00 pm: Body Wrap 20’

3.30 pm: Chi Nei Tsang Massage 50’

4.00 pm: Oxylight Reset Treatment 60’

7.00 pm: Healthy Dinner

**WOMEN’S BETTER-AGING JOURNEY**  
*3 or 5 days*  
*Regeneration - Balance - Holistic Beauty*

Clinic Nescens, a pioneering institution in Better & Healthy Aging, oversees the Women’s Better-Aging program aimed at preserving one’s health capital by applying proven protocols that activate cellular & metabolic regeneration, rejuvenation & rebalancing. a comprehensive assessment & an exclusive consultation personalize this experience blending technology, physical activities, nutrition & signature Nescens treatments for an amazing sense of well-being

- EXPERTISE AND CONSULTATION**
- Comprehensive assessment
  - Exclusive Longevity Consultation with the Doctor of Clinic Nescens (remotely)
  - Osteopathy session (50 min)

- PHYSICAL ACTIVITIES**
- Yoga session (50 min)
  - Pilates session (50 min)
  - Oxygenating walk (2h)

- WELLNESS & SKINCARE PROGRAM**
- Signature Nescens Massage (80/90 min)
  - Chi Nei Tsang (50 min)
  - Ultimate Metamorphosis Treatment (90 min)
  - Nescens Cellular Rejuvenation Ritual (80 min)
  - Repairing & Moisturizing treatment (50 min)
  - Better-Aging Face Ritual (60 min)
  - Hydrotherapy Treatment (30 min)

- NUTRITION PROGRAM BY ERIC CANINO, MICHELIN-STARRED CHEF**
- Breakfast, lunch and dinner adapted to the pace and effort of the day (lunch at the Pool restaurant and dinner at La Voile)
- 4 nights & 3 days / from 6 700 € (1 pax)**  
**from 10 200 € (2 pax)**
- 6 nights & 5 days / from 9 400 € (1 pax)**  
**from 14 000 € (2 pax)**



**BOOTCAMP PERFORMANCE JOURNEY**

*3 or 5 days*  
*Energy - Tonus - Vitality*

The Spa Nescens Performance Bootcamp is an opportunity to challenge yourself while reconnecting with nature and enjoying recuperative, energy-boosting treatments. A regenerating course of intense walks in the heart of a unique landscape, tailor-made workouts, body and face rituals such as cryotherapy sessions accompanied by wraps, muscle massages and Better-Aging treatment.

**EXPERTISE AND CONSULTATION**

- Osteopathy session (50 min)

**PHYSICAL ACTIVITIES**

- EPersonalized muscular awakening session (50 min)
- Cardio training (50 min)
- TRX session (50 min)
- Walk with a sport coach in the hinterland or the coastal path (2h)

**WELLNESS & SKINCARE PROGRAM**

- Repairing Muscle Massage (60/90 min)
- Better-Aging Massage (50/80 min)
- Better-Aging Face Ritual (50 min)
- Hydrotherapy treatment (30 min)

**NUTRITION PROGRAM BY ERIC CANINO,  
MICHELIN-STARRED CHEF**

- Breakfast, lunch and dinner adapted to the pace and effort of the day (lunch at the Pool restaurant and dinner at La Voile)

**4 nights & 3 days / from 5 800 € (1 pax)**  
**from 8 400 € (2 pax)**

**6 nights & 5 days / from 8 600 € (1 pax)**  
**from 13 200 € (2 pax)**

**TYPICAL DAY**

- 8.00 am: Wake-up Training 50'
- 9.00 am: Healthy Breakfast
- 10.00 am: Nordic Walk 3h
- 1.00 pm: Cryotherapy & Pressotherapy 30'
- 1.30 pm: Healthy Lunch
- 4.00 pm: Body Scrub 20'
- 4.30 pm: Muscular & Recovery Massage 90'
- 7.30 pm: Healthy Dinner





**TYPICAL DAY**  
8.00 am: Yoga Session 50'  
9.00 am: Healthy Breakfast  
10.30 am: Stretching or Pilates Session 50'  
12.00 am: Healthy Lunch  
4.00 pm: Balneotherapy with essential oils 20'  
4.30 pm: Destressing Massage 80'  
6.00 pm: Better-Aging Facial 50'  
7.30 pm: Healthy Dinner

**MENTAL WELLNESS ESCAPE JOURNEY**

*3 ou 5 days  
Healing - Freedom - Relax*

The Spa Nescens at La Reserve Ramatuelle is the perfect place to treat yourself to time out dedicated to letting go and disconnecting. The Mental Wellness Escape is designed to help you rediscover a rhythm in line with your own values, while refocusing and releasing yourself from the negative effects of daily stress. Thanks to days punctuated by yoga sessions, stretching and oxygenating walks, as well as liberating and comforting face and body treatments, you'll feel lighter, freer and rejuvenated.

**EXPERTISE ET CONSULTATION**

- Osteopathy session (50 min)

**PHYSICAL ACTIVITIES**

- Yoga session (50 min)
- Pilates session (50 min)
- Stretching/Breathing session (50 min)
- Oxygenating walk (2h)

**WELLNESS & SKINCARE PROGRAM**

- Signature distressing massage (50 min)
- Signature Better-Aging Nescens (50 min)
- Chi Nei Tsang (50 min)
- Better Aging Face Ritual (50 min)
- Hydrotherapy treatment (30 min)

**NUTRITION PROGRAM BY ERIC CANINO,  
MICHELIN-STARRED CHEF**

- Breakfast, lunch and dinner adapted to the pace and effort of the day (lunch at the Pool restaurant and dinner at La Voile)

**4 nights & 3 days / from 5 800 € (1 pax)  
from 8 400 € (2 pax)**

**6 nights & 5 days / from 8 600 € (1 pax)  
from 13 200 € (2 pax)**



# FITNESS

Enjoy a stay at La Réserve Ramatuelle to recharge, push your limits & take care of yourself. In addition to a complet set of equipments, a coach is available at all times to tailor your program based on your needs & goals to ensure the monitoring of your performances.

## EQUIPMENT

### CARDIO-TRAINING

Treadmills / Cycles and spinning / Vario elliptical trainers / Rower

### STRENGTH TRAINING

Kinesis machine / Legpress / Interior and exterior adductor machine / Vertical traction  
Weight-training benches / Aquabikes / Dumb-bells

### PILATES REFORMER PRIVATE STUDIO

### WATER ACTIVITIES

Aquagym / Aquabiking / Swimming class

### OUTDOOR ACTIVITIES

Footing / Jogging / Nordic walking / Hiking







INDOOR ACTIVITIES

	Solo	Duo
Yoga (50 min)	170 €	220 €
Stretching (50 min)	165 €	220 €
Global or targeted muscular reinforcement (50 min)	165 €	220 €
Cardio-training, Circuit training (50 min)	165 €	220 €

WATER ACTIVITIES

Aquagym, Aqua Biking (50 min)	165 €	200 €
Swimming class - on request (50 min)	170 €	220 €

OUTDOOR ACTIVITIES

Footing, Jogging (50 min)	165 €	200 €
Nordic walking (2h)	250 €	250 €
Hiking (3h)	350 €	350 €
Hiking (4h)	450 €	450 €

PILATES REFORMER PRIVATE STUDIO

Per 50 min session	180 €
5 classes (50 min)	750 €
10 classes (50 min)	1 400 €

FITNESS PACKAGES

	Solo	Duo
5 classes of your choice (50 min)	750 €	950 €
10 classes of your choice (50 min)	1 400 €	1 700 €

5 sessions (50 min) of your choice along with spa access	900 €
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10 sessions (50 min) of your choice along with spa access	1 550 €
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YOGA PACKAGES

5 classes (50 min) of your choice	800 €	1 000 €
10 classes (50 min) of your choice	1 450 €	2 000 €

5 sessions (50 min) of your choice along with spa access	950 €
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10 sessions (50 min) of your choice along with spa access	1 650 €
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Membership subscriptions available on request.

# ERIC CANINO, TWO-MICHELIN STARRED CHEF

Passionate about excellent products and a virtuoso of lightness. Trained by Michel Guérard, starred chef of Eugénie-Les-Bains then by Guy Martin, of Grand Véfour in Paris, its sensitivity and its demands seduced Michel Reybier, who entrusted it with La Voile since the opening of La Réserve Ramatuelle in 2009. A lover of beautiful products, Eric Canino favors short circuits, alongside the best local producers. Its incredible all-vegetable menu has become a must-have on the menu, just like his signature dish, red tuna rubbed with spices. Faithful to its commitments deep for healthy and natural cooking, its recipes have the obvious simplicity and have delicately modernized the traditional Mediterranean repertoire.

"I am keen to work on simple products to enhance them, the pleasure of tasting is the only criterion" - Eric Canino

## LA VOILE RESTAURANT

*Mediterranean gastronomy 2-Michelin stars*

The cuisine of the two Michelin-starred restaurant La Voile successfully reconciles culinary pleasures with balanced eating thanks to the creativity of the chef, Eric Canino. Every evening, his divinely light recipes invent pared-down gourmet delights, focused on the flavors of the excellent produce from the terroir of Provence.

Open everyday for breakfast and dinner.

**Dinner: 7.30 pm to 10.30 pm**

## POOL RESTAURANT

*Lunch around the pool*

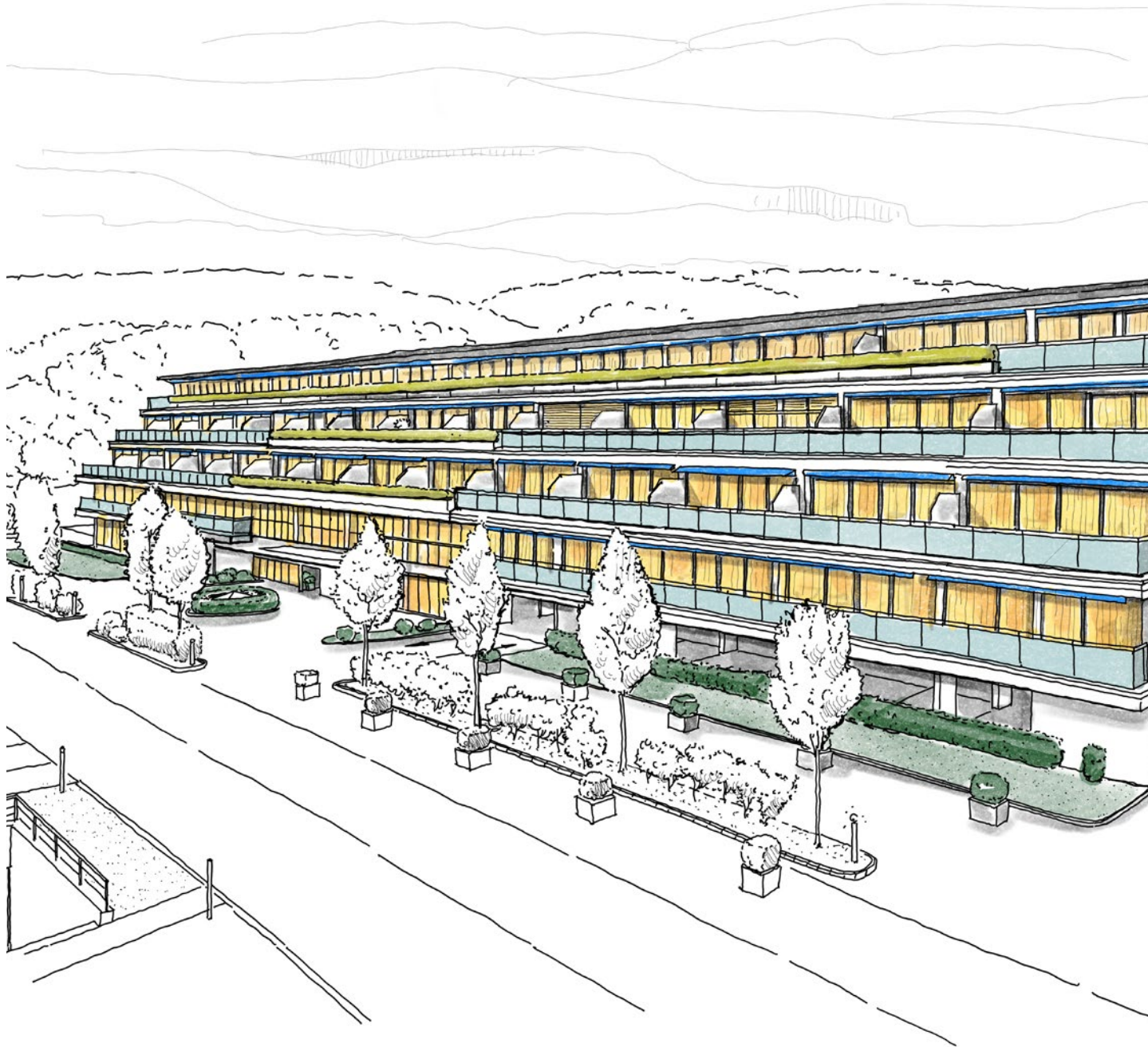
The cuisine of the two Michelin-starred restaurant La Voile successfully reconciles culinary pleasures with balanced eating thanks to the creativity of the chef, Eric Canino. Every evening, his divinely light recipes invent pared-down gourmet delights, focused on the flavors of the excellent produce from the terroir of Provence.

Open everyday for breakfast and dinner.

**Lunch by the pool: 12 pm to 4 pm**







# CLINIQUE NESSENS

## MEDICINE DEDICATED TO WELLNESS

You wish to take stock of your lifestyle, identify risk factors, preserve your future quality of life, optimize your performance, initiate sustainable weight loss... Clinique Nescens offers you the benefit of unique experience combining cutting-edge medical and scientific expertise and top-of-the-range living conditions within an exclusive environment. The Clinique Nescens offers medical check-ups,

specialized consultations as well as medical and wellness treatment programs. Located near Genève, this innovative wellness clinic encompasses a range of medical and scientific activities dedicated to the detection, prevention and treatment of age-related pathologies. It draws on state-of-the-art medical technologies and an exclusive pool of recognized specialists, who make prevention and lifestyle optimization the central focus of their care.

# GENERAL INFORMATION

## OPENING HOURS

The indoor swimming pool, hammam, and fitness center are open daily from 9 am to 8 pm\*. Treatments are available daily between 9 am and 7 pm, by appointment. Kindly arrive 15 minutes before the start of treatments. Arriving late automatically reduces the length of the treatment without lowering the price.

\*Other times on request.

## ACCESS

External guests may reserve treatments at the spa Nescens. The indoor and outdoor swimming pools, hammam and fitness center are reserved exclusively for our members and guests of La Réserve Ramatuelle, as well as for people coming for a Spa day. External clients are welcome to access the fitness and relaxation areas for 100 euros on the day of their treatment or 150 euros if they have not booked any treatments.

## CANCELLATIONS AND SUPPLEMENTS

Any service that is not cancelled 24 hours in advance will be invoiced in full. A 20% premium is charged for in-room treatments given between 9 am and 7 pm,

and 30% for those given in villas that are not on the villa menu. See the villa treatment menu. An additional premium is charged for treatments given between 7 pm and 9 am.

## LOCKERS AND LINEN

The spa Nescens provides each client with a locker and linen for use while at the spa Nescens. Management takes no responsibility for personal items placed in lockers or left in the Spa. Since the lockers are not allocated by name, the spa management reserves the right to open any lockers left locked at the end of the day and to remove any items inside.

## CHILDREN

Children under 16 years of age are not admitted to the spa Nescens.

## CONTACT US

To contact us from your room, kindly press the spa key on your phone. From outside the hotel, you can reach us directly on 04 94 44 52 52 or by email at [spa@lareserve-ramatuelle.com](mailto:spa@lareserve-ramatuelle.com)





la réserve  
HOTEL, SPA AND VILLAS  
**R A M A T U E L L E**



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SAS FONCIÈRE P.M.: LYON · Fréjus B 453 278 830 · Printed in France · April 2024 · Non contractual document · Pictures: T. Claeren - G. Gardette - D.R.