



THE COLLE CTION

NE SCENS
SWITZERLAND

At Clinique Nescens, on the Genolier campus next to Geneva, well-being is elevated into the science of preventive health and longevity. Here, advanced expertise, innovative technologies, and signature treatments converge to create immersive programs that go far beyond traditional wellness.

Each experience , whether a multi-day journey or optimal half-day formats for an intensive recovery or a serene reset , is designed to restore balance, enhance vitality, and support long-term well-being. Our philosophy is rooted in precision, innovation, and a holistic approach to sustainable health. More than a destination, Nescens is your partner in cultivating a stronger, healthier, and more harmonious future.

+ LON GEV ITY



MORE THAN WELLNESS.
YOUR LONGEVITY PLAN STARTS HERE.

3 NIGHTS - 3 DAYS

3 days to understand the key parameters of your well-being, discover neurofeedback, experience cutting-edge longevity technologies and enjoy signature Nescens Switzerland treatments.

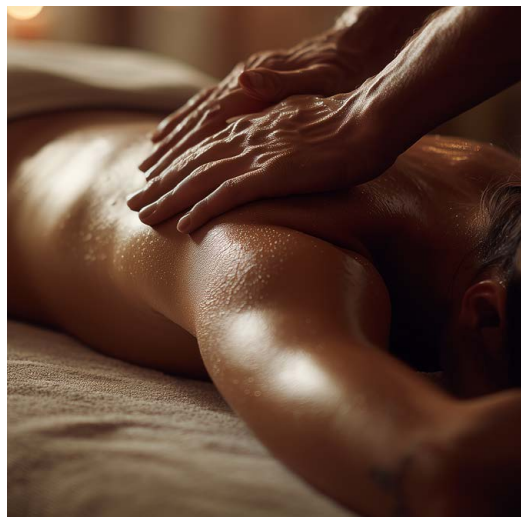
You leave with renewed momentum and personalized recommendations to extend the benefits.

From the moment you arrive, your pace shifts. A physician provides a personalized assessment of your health indicators and identifies priorities to enhance your lifestyle. You then experience neurofeedback, training your brain to regain calm and focus.



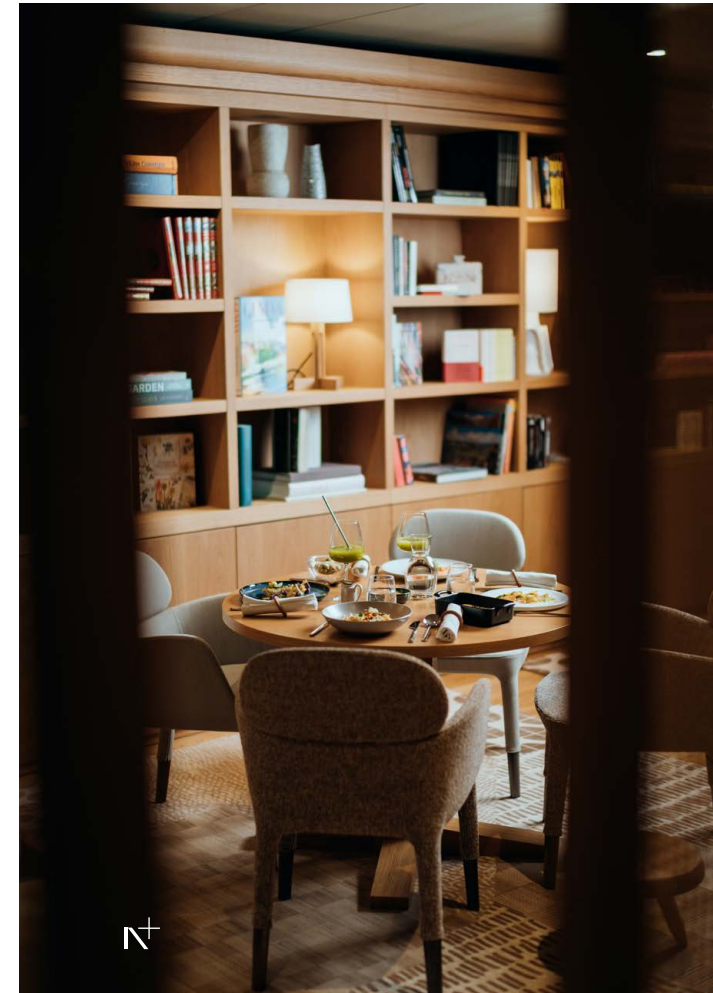
Your days alternate between breathing sessions and guided experiences designed to reduce stress and support recovery. You will explore advanced technologies such as contrast therapy, hyperbaric oxygen, photobiomodulation, and infrared dome sessions – innovative experiences that enhance the feeling of vitality and physical comfort. Next-generation devices further support metabolic activity and align with your performance goals.

Signature Nescens Switzerland massages and treatments complete the stay, promoting relaxation and overall well-being.



Accommodation is provided in a Junior Suite with lake view, along with balanced, gastronomic meals crafted to sustain your vitality.

You return home with a personalized report, tailored recommendations, and practical guidance to extend the benefits of this immersion into your daily life.



From 3000 CHF

+ RECOVERY

RECHARGE FASTER. PERFORM BETTER.

1/2 DAY

A targeted protocol combining contrast therapy, hyperbaric oxygen, photobiomodulation and a sports massage.

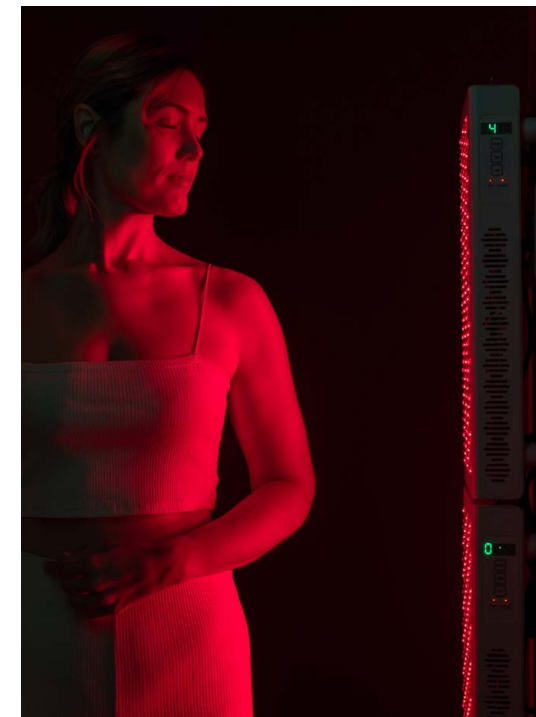
An experience designed to accelerate repair and help you quickly regain your physical capacity after exertion.

The sequence combines contrast therapy, photobiomodulation, and hyperbaric oxygen to support recovery and ease accumulated tension. Next-generation devices complement the process by encouraging metabolic activation. A targeted sports massage concludes the experience, helping to restore mobility.

You leave feeling renewed and ready for your next challenge.



Price : 650 CHF



+ SE RE NI TY

A NEW BREATH
TO RESTORE YOUR ENERGY.

1/2 DAY

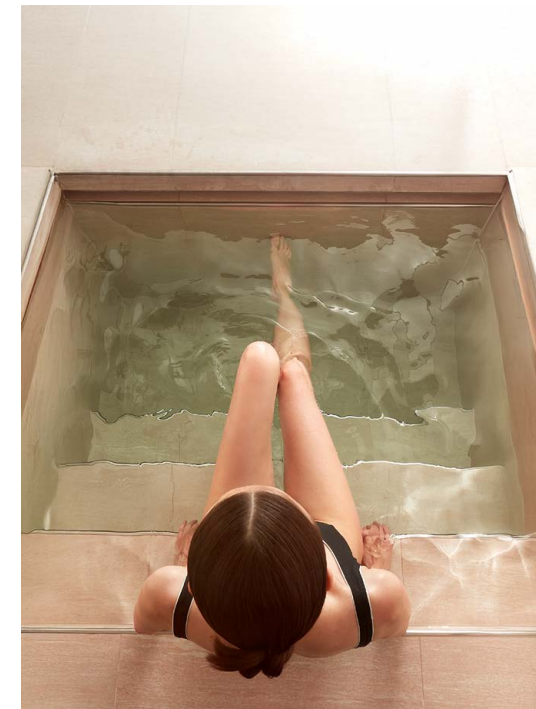
Contrast therapy, sensory deprivation and bespoke body treatments combine to release tension and create a rare state of deep relaxation within just a few hours.

A half-day designed as a complete body reset. Contrast therapy, alternating heat and cold, begins the journey by stimulating circulation and easing muscular tension.

Sensory deprivation then guides you into a rare state of calm, freeing the mind from outside pressures. The ritual concludes with a body scrub and a bespoke massage, extending physical relaxation and instilling a lasting sense of profound well-being.



Price : 650 CHF





NESCENS.COM

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