

MENU

NESCENS
SPA

V I C T O R I A - J U N G F R A U G R A N D H O T E L & S P A

CLINIQUE NESSENS

Optimise your performance, transform your lifestyle and identify your risk factors: in the Swiss mountains, Clinique Nescens will provide you with top-notch medical and scientific expertise in a very special premium setting. We take a holistic approach, offering personalised medical check-ups and innovative treatments, as well as regenerative medicine interventions. Clinique Nescens enjoys the latest generation of medical technology, as an exclusive centre made up of world-renowned specialists who will make preventive care and lifestyle optimisation the central focus of your stay.

HIGH PERFORMANCE COSMECEUTICALS

Nescens Cosmeceuticals combines Swiss scientific expertise and active ingredients to regenerate, protect and revitalise the skin. Each formula is designed to optimise skin health and appearance, supporting your longevity journey in harmony with your medical visit.



SPA NESSENS AT VICTORIA-JUNGFRAU



You hold the incredible power to shape your life, deciding who you are and who you aspire to become.

The power to feel vibrant, healthy, and to embrace a better, longer life.

At Spa Nescens Victoria-Jungfrau, we guide you on your journey to your most radiant self, leveraging the scientific and medical expertise of Clinique Nescens, leaders in ageing biology and preventative health.

Our Nescens Experts offers holistic solutions to help you release stress, enhance performance, recover after physical exertion, sculpt your body, and enjoy treatments designed to slow the passage of time. Take time for yourself at Victoria-Jungfrau Grand Hotel to rediscover and elevate your well-being.

HIGH TECHNOLOGY FACIAL TREATMENTS

AQUAGLOW FACIAL TREATMENT

Aquaglow facial deeply cleanses, exfoliates, and hydrates to refine pores, smooth fine lines, and restore radiant firmness.

1h15: CHF 260

PLASMA SKIN REGENERATION FACIAL TREATMENT

Plasma facial renews and balances skin, calming imperfections while revealing a clearer, firmer, radiant complexion.

50 min: CHF 210
1h: CHF 230

OXYGEN REJUVENATION FACIAL TREATMENT

High-frequency ultrasound, LED and ionized oxygen promote cellular regeneration. Soothes, nourishes and restores sensitive skin.

50 min: CHF 210
1h: CHF 230

SKINCARE BOOSTERS

EXPERT FACIAL RITUAL

Express post-massage or body treatment. Smooths, firms, and revitalizes radiance thanks to the keratolytic complex and targeted expert massage.

30 min: CHF 120

EYE CONTOUR RENEWAL TREATMENT

Targeted massage and ultra-active gel mask to smooth, decongest, and restore youthful eye appearance.

30 min: CHF 120

HYALURONIC ACID SHOT

Mesotherapy delivery of an exclusive hyaluronic acid complex for deep hydration and skin densification.

45 min: CHF 160

ELIXIR OF YOUTH

Expert flash treatment by Nescens. Peptides and vitamins delivered after skin preparation for an immediate and visible lifting effect.

45 min: CHF 160

EXPERT FACIAL RITUALS

BETTER-AGING FACIAL

5-step ritual combining expert techniques and targeted tools to smooth wrinkles, improve firmness and revive complexion radiance.

1h: CHF 230
1h30: CHF 320

CELL REJUVENATION RITUAL

Better-Aging ritual delivered by meso-aesthetic for smoothing, plumping and optimizing regeneration. Toned skin, redefined contours.

1h30: CHF 360

RE NESCEENS TREATMENT

Deep treatment for the face, neck, and décolleté. Cellular cleansing, re-lipidating actives, and lifting massage for firmer, more toned skin.

1h30: CHF 330

REPAIRING & HYDRATING TREATMENT

Comforting treatment that reactivates the skin's natural functions. Hydrates, regenerates, and soothes. Includes face, hands, and feet massage.

1h: CHF 195

DETOX NESCEENS TREATMENT

Rebalancing protocol to refine skin texture, normalize sebum production, and restore complexion clarity.

1h: CHF 230



SPECIFIC MASSAGES

RELAXING HOT STONE MASSAGE

Hot or cool stones to balance energies, harmonize the body, and induce deep, lasting relaxation.

1h15: CHF 270

LOMI LOMI MASSAGE

Hawaiian Lomi Lomi massage uses wave-like strokes and pressure to release tension, improve circulation, and restore alignment.

1h15: CHF 270

THAI MASSAGE

Traditional Thai treatment with acupressure, assisted stretching, and joint mobilization to release tension, energize, and improve posture.

1h15: CHF 270

BACK & NECK MASSAGE

Targeted massage on back, shoulders, and neck releases tension, improves circulation, and restores a sense of well-being.

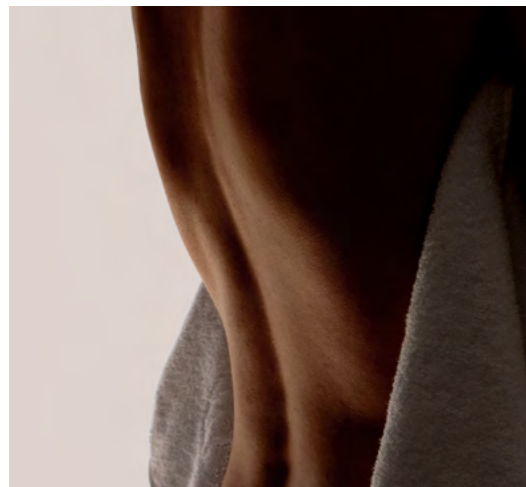
45 min: CHF 160

FOOT REFLEXOLOGY

Targeted massage of reflex zones on the feet to release tension, balance bodily functions, and improve vital energy.

30 min: CHF 110

45 min: CHF 160



NESCENS MASSAGES

BETTER-AGING MASSAGE

Detoxifying, draining, and energizing massage targeting sensitive areas to release tension and promote lasting balance.

50 min: CHF 185

1h30: CHF 280

MUSCULAR & RESTORATIVE MASSAGE

Designed by Nescens experts to optimize recovery, release postural tensions, and regenerate deep tissues.

50 min: CHF 210

1h20: CHF 310

DESTRESSING MASSAGE

Soothing, enveloping movements to release physical tension, calm the mind, improve sleep, and relieve digestive discomfort.

50 min: CHF 185

1h20: CHF 275

3-IN-1 MASSAGE

Reshaping protocol combining manual and mechanical techniques. Refines the silhouette, stimulates circulation, and detoxifies.

75 min: CHF 270

1h30: CHF 280



BEAUTY STUDIO

Waxing, eyebrow & lash treatments & expert manicures & pedicures enhance natural beauty, leaving skin smooth, polished & radiant

From CHF 30

BODY TREATMENTS

DETOX AND RELAX

REVITALIZING BODY PEELING

Exfoliating ritual on a hydrotherapy table renews cells, smooths skin, reenergizes the body, and relaxes the mind.

30 min: CHF 110

REVITALIZING BODY RITUAL & BALNEOTHERAPY

Exfoliation and remineralising bath renew skin, boost circulation, relieve tension, and leave body and mind deeply relaxed.

1h: CHF 210

BALNEOTHERAPY

Sensory bath with hydrojets relieves tension, boosts circulation, detoxifies, leaving body light and mind clear.

30 min: CHF 110

SLIM AND FIT

SLIM & RESTORE BODY TREATMENT

Targeted body treatment to slim, stimulate circulation, restore vitality, and release tension for a lighter, renewed feeling.

1h20: CHF 240

BODY REG TECHNOLOGY

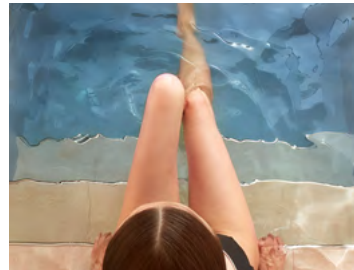
Intensive treatment with Body Reg technology tones tissues, smooths skin, and restores vitality, leaving body light and sculpted.

30 min: CHF 120

ULTRA TONE TECHNOLOGY

Ultra Tone technology activates muscles, firms body contours, smooths skin, and delivers a revitalizing toning sensation.

1h: CHF 150



PRIVATE SPA

Discover a moment of profound relaxation for two in our intimate Private Spa. Rebalance in the steam bath, purify in the private sauna, and restore in the Jacuzzi with views over tranquil greenery. An experience which includes a moment of relaxation, champagne, and personalized massage for complete rejuvenation.



IMMERSIVE ESCAPE

2h: CHF 620

EIGER RITUAL

3h: CHF 690

PRIVATE SPA RITUAL LEISURE TIME

1h: CHF 210

2h: CHF 290

SPA DAY



<p>MIDDAY ESCAPE RITUAL <i>Energizing body exfoliation (30 min) / Signature Massage (1h) Focus Facial Treatment (30 min)</i></p>	<p>12-3pm: CHF 230</p>
<p>NESCENS REBALANCE EXPERIENCE <i>Nescens Body Peeling & Wrap (1h) / Back & Neck Massage by Nescens (30 min) / Nescens Facial Expert Ritual (30 min)</i></p>	<p>2h: CHF 365</p>
<p>SPA & BRUNCH <i>Nescens Facial Treatment (50 min) or Nescens Body Massage (50 min) or Revitalizing Body Ritual & Balneotherapy (50 min)</i></p>	<p>50 min: CHF 270</p>
<p>SPA & LUNCH <i>Nescens Facial Treatment (50 min) / Nescens Body Massage (50 min) Scrub & Balneotherapy (50 min)</i></p>	<p>Monday to Friday from 10am to 9pm: CHF 219</p>
<p>SPA & DINNER <i>Full day access to the 5 500 m² Spa Nescens / A 30 min treatment of your choice / A glass of champagne / A 3-Courses A La Carte Menu at La Terrasse Brasserie</i></p>	<p>From Thursday to Monday: CHF 219</p>

NESCENS BETTER-AGING JOURNEYS

Nescens Better-Aging journeys combine High Performance treatments, nutrition, and physical activity to help you reset, restore, and renew from the inside out.

LETTING GO PROGRAM

A rejuvenating retreat that restores body and mind, combining outdoor activities—hikes, cycling, yoga, meditation—with luxurious spa rituals. Designed to release tension, regenerate energy, and elevate holistic wellbeing.

**2 days: CHF 1'440
 5 days: CHF 3'500**

SKIN BOOST FACE & BODY PROGRAM

A 4 days program which is designed to visibly rejuvenate the skin, refine texture, and restore radiance to both face and body. Combining expert manual techniques with state-of-the-art technologies, the protocol delivers immediate and cumulative results. Ideal to prepare for a special occasion or to reset the skin and body with cutting-edge precision.

4 days: CHF 2'100

DETOX & RECOVERY RITUAL

Treat your body to a regenerating escape with the Detox & Recovery Ritual. Designed to eliminate toxins, release muscular tension, and deeply revitalize, this journey combines the benefits of water, salt, and targeted massage techniques for optimal recovery—all in just one night.

2 days: CHF 729



PHYSICAL ACTIVITY

At the Spa Nescens Fitness Center, advanced equipment, group classes, and stunning alpine views elevate strength, vitality, and holistic well-being.

PERSONAL TRAINING SESSION

Fitness, Cross Fit, Running, Pilates, Aquagym, Stretching

1h: CHF 120

HIKING

Exploring mountains together. Adapted to your fitness level, our trainers will show mountain walkers the most beautiful hikes in the region. Our trainers will accompany you for 3 hours.

For one person:

CHF 280

For 2 persons:

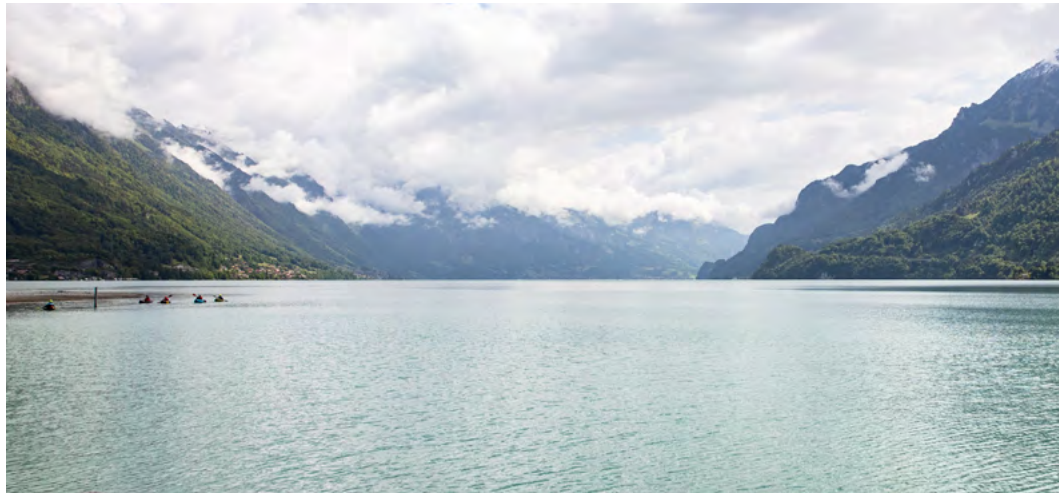
CHF 250

GROUP CLASSES

Pilates, Stretching, Yoga, Aquagym, Wellness Gym, Postural Gym, Abs & Glutes, Circuit Training, Running, Cycling

Class schedules at the Spa are designed for an intimate and exceptional experience. Attendance is limited and reserved exclusively for hotel guests, members and day guests.

**Included
for Hotel guests
& Club members**



BISTRO



Open daily from 12pm to 8pm

The Bistro blends wellness and gourmet dining, offering nourishing, flavorful dishes and drinks to support vitality, balance, and relaxation.

SPA NESSENS - LE CLUB

A membership designed to help you achieve balance, vitality, and lasting well-being, empowering you to become the best version of yourself. As a member, you'll benefit from a comprehensive wellness and fitness program tailored to your goals, as well as exclusive privileges at the Spa Nescens and the hotel. Discover a place where health and relaxation come together, supporting you on your journey to optimal living.

GENERAL INFORMATION

ACCESS TO SPA NESSENS

Access to the Spa is reserved for guests aged 16 and over. The fitness and relaxation areas (swimming pool, fitness room, saunas, hammams) are accessible only to guests staying at Victoria Jungfrau Grand Hotel & Spa, Club members and guests benefiting from a Spa Day. Treatments are available to external guests.

CHILDREN'S ACCESS

Children under 16 must be accompanied by their parents or a responsible adult. They are welcome in the pool between all day long. The minimum age for massages and treatments is 16.

RESERVATION

We invite you to book your treatments in advance by phone on +41 33 828 27 30 or by email at spanescens@victoria-jungfrau.ch. We recommend that you arrive 30 minutes before your appointment time, so that you can enjoy a Wellness Journey and refreshments before your treatment begins. Any delay will result in a reduction in the treatment duration as well as a full charge for the treatment. A confirmation e-mail will be sent for all bookings. For non-resident guests, a pre payment will be required for all reservation requests.

HEALTH AND PREGNANCY

When you make your booking, we invite you to inform us about your state of health or any allergies you may have, so that we can offer

you the type of treatment best suited to your needs. Upon arrival at Spa Nescens, you will be asked to complete a health questionnaire. Please note that the heat of the hammam & sauna are not recommended for people with circulation problems, high blood pressure or breathing difficulties. Treatments for pregnant women are available from the second trimester of pregnancy. We encourage you to inform our receptionists of your pregnancy, so that they can direct you to the most appropriate treatments.

CANCELLATION POLICY

If you wish to cancel or change your appointment, please let us know at least 24 hours before the scheduled time, to avoid being billed for the entire treatment.

DRESS CODE

Bathrobes, slippers and disposable underwear are available at Spa Nescens. Sports shoes must be worn in the fitness studio. Flip-flops and slippers will not be accepted.

CELL PHONE

For everyone's well-being and peace of mind, we would be grateful if you could switch off your cell phones and other electronic devices when you enter the Spa Nescens area. If you are waiting for a message, our receptionists will be delighted to assist you.

CLOTHES

Changing rooms are available for your convenience. You'll find bathrobes, slippers and towels, as well as all the toiletries you need to freshen up. A locker with a keypad is also provided.

LOSS OR DAMAGE TO PERSONAL ITEMS

We accept no responsibility for loss or damage to personal items. We recommend that you keep your valuables in your room safe if you are staying at the hotel, or in your private locker at Spa Nescens, which can be secured using a code.

SPA NESSENS BOUTIQUE

Nescens face and body cosmeceuticals are available exclusively in our boutique. The result of scientific research, these products are renowned for their high efficacy, thanks to anti-aging, moisturizing and resurfacing active ingredients. Our beauty consultants are at your disposal for any personalized information you may require.

GIFT BOXES

Gift boxes are available at the Spa reception desk. All treatments, including our packages, can be purchased as gift vouchers. They are valid for one year from the date of purchase and are nominative. They are neither exchangeable nor refundable.





VICTORIA-JUNGFRAU

GRAND HOTEL & SPA

INTERLAKEN



**BOOK YOUR NEXT EXPERIENCE
AT SPA NESSENS**



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