



## Nescens Better-aging experience program

### Consultation

- Session with the nutritionist & body diagnosis

### Physical activities

- Access to all spa facilities (swimming pool, fitness, sauna, hammam)
- 1 h Personal Training – Fitness tips to take home

### Spa treatments

- |                                     |      |
|-------------------------------------|------|
| • 1 exclusive better-aging massage  | 1h30 |
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| • 3-in-1 massage                    | 1h   |
| • 1 anti-aging cosmeceutical facial | 1h30 |

### Better-aging dietary program

- 3 personalized healthy meals daily

**PRICE: CHF 1'900.– excluding accommodation**

