

Nescens Better Aging-Programme  
*Nescens better-aging programs*



Mit den neusten Erkenntnissen zu den biologischen Mechanismen des Alterns ist es möglich geworden, den Einfluss des Lebensstils auf den Prozess zu bestimmen und den individuellen Weg zu eruieren, so lange wie möglich ein gutes Leben zu leben.

Die Nescens Better-Aging-Programme bauen auf diesem Wissen auf und helfen Ihnen, gezielt Ungleichgewichte zu korrigieren, die für beschleunigtes Altern verantwortlich sind. Dazu gehören zum Beispiel Übergewicht, Stress und Müdigkeit. Dank den Programmen können Sie ein besseres Verständnis für Ihre Risikofaktoren gewinnen und einen massgeschneiderten Gesundheitsvorsorgeplan umsetzen.

Alle Nescens Better-Aging-Programme beginnen daher mit einer eingehenden Untersuchung. Diese wird von einem multidisziplinären Team aus dem Spa durchgeführt, das verschiedene Kompetenzen (Präventivmedizin, Osteopathie, Ernährung) kombiniert, um eine bestmögliche Anti-Aging-Behandlung zu garantieren.

Die verschiedenen Komponenten des Programms (Ernährung, körperliche Aktivität, Behandlung) werden von medizinischen Teams personalisiert, die auch die Experten (Trainer, Therapeuten etc.) beaufsichtigen.

Das kulinarische Team bietet in Zusammenarbeit mit dem medizinischen Team eine raffinierte, schmackhafte Küche. Perfekt abgestimmt zwischen Genuss und gesunder Kost, ermöglicht die Better-Aging-Ernährung nachhaltiges Abnehmen ohne Frustration und man lernt, besser und gesünder zu essen.

Die Better-Aging-Programme von Nescens führen zu nachhaltigen Ergebnissen, während Vergnügen und ein guter Lebensstil im Vordergrund stehen.

*Recent progress made in understanding the biological mechanics of aging makes it possible to fully appreciate the impact of lifestyle on the process and also to determine the ability of every individual to live well for as long as possible.*

*Drawing on this knowledge, the Nescens better-aging programs were developed to help you target and correct the imbalances that accelerate aging such as: overweight, stress, fatigue, while enabling you to gain a better understanding of your risk factors and the ability to implement a tailored health prevention plan.*

*In this way, all Nescens better-aging programs begin with an in-depth diagnostic phase. This overview is conducted by a multi-disciplinary team from the spa which combines complementary expertise (preventive medicine, osteopathy, nutrition) to enable overall better-aging treatment.*

*The different components of the program (nutrition, physical activity, treatment) are personalized by medical teams who supervise the expert contingent (coaches, therapists, etc.).*

*Together with the medical team, our Chefs offer a refined, tasty cuisine, perfectly balanced between enjoyment and dietetics. This better-aging diet enables sustainable slimming devoid of frustration or simply learning to eat better.*

*Nescens better-aging programs make it possible to achieve long-lasting results while continuing to focus on pleasure and good living.*

## **7-DAY BETTER-AGING NESCEMS PROGRAM**

### **7 days of individualized coaching designed to learn how to better preserve “youthfulness”**

Nescens better-aging programs begin with an exclusive diagnostic phase serving to identify the Anti-aging bio-individuality™ of each individual. This global check-up encompasses a biological assessment, a physiological and osteopathic-articular assessment, along with a nutritional assessment – all of which are interpreted by the medical team. This stage makes it possible to personalize the program in order to effectively adjust imbalances that are contributing factors to premature aging as well as making recommendations for implementing an effective preventive anti-aging treatment.

### **Nescens anti-aging bio-individuality™ check-up**

- Session with the doctor responsible for the program and the health and diet lifestyle assessment
- Interpretation of the results of the biological check-up and specific indicators (slimming, stress, joints)
- Session with the osteopath, physical and joint-health evaluation
- Meeting with the dietician, dietary assessment
- Anti-aging medicine consultation and interpretation of the different biological indicators including the oxidative test results
- Preparation of a complete report comprising a results summary of the various check-ups and consultations, along with a prevention plan including nutritional advice and a fitness program.

### **Physical activity and personalized care program**

(Minimum 5 hours / day)

#### *Physical activity*

- 1 daily personal training session from the second day
- Access to all spa facilities (pool, fitness, sauna)
- Access to group classes

#### *Spa treatments*

- 1 daily balneotherapy treatment
- 1 daily 1h better-aging Signature body massage
- 1 treatment daily decided upon by the medical team from the following treatments: wrap, 3-in-1 remodeling treatment, destress massage, rubbing, exfoliation...

#### *Better-aging dietary program*

- 3 personalized healthy meals daily

7 days, excluding accommodation

CHF 4 900

## **NESCEMS BETTER-AGING INTENSIVE PROGRAM**

An extension of the 7-day better-aging Nescens program, the intensive better-aging Nescens program is ideally suited to people in search of a longer treatment in order to achieve their objectives, especially in terms of weight loss. The treatment, activity and diet program is personalized and reviewed regularly throughout your stay by the medical team in order to ensure the best results.

14 days, excluding accommodation

CHF 9 500

Price on request for alternative-length stays

## **NESCENS BETTER-AGING 4-DAY BREAK**

**4 days to take a break, to recharge your batteries, to get back to a healthy weight, as well as to develop a better understanding of how to optimize your future quality of life**

*Nescens better-aging check-up*

- Session with the doctor responsible for the program, health and diet check-up, interpretation of biological assessment results
- Session with the osteopath, physical and joint-health evaluation
- Session with the dietician, dietary assessment

*Intensive, personalized program of physical activities and treatments*

*Physical activities*

- 1 daily personal training session from the second day
- Access to all spa facilities (swimming pool, fitness, sauna)
- Access to group classes

*Spa treatments*

- 2 exclusive better-aging massages – 1 h 30 min
- 2 exclusive better-aging massages – 2 h
- 1 complete 3-in-1 remodeling treatment – 1 h 30 min
- 2 body wraps
- 1 body scrub
- 4 balneotherapy treatments

*Better-aging dietary program*

- 3 personalized healthy meals daily

*4 days, excluding accommodation*

*CHF 3 200*

## **MEDICAL NESCEMS CHECK-UPS at clinics of the Swiss Medical Network**

*Nescens check-ups are medical examinations with the objective of:*

- Identifying risk factors
- Detecting underlying medical conditions
- Implementing preventive strategies and / or suitable therapies

*Nescens check-ups draw on a vast range of examinations (clinical, functional, biological, medical imaging...) making it possible to evaluate your current state of health and to identify risk factors likely to affect your quality of life in the future. These examinations are undertaken under the supervision of an experienced doctor specialized in both preventive and anti-aging medicine. At the end of these check-ups, you will have at your disposal a mapping of your current state of health, along with an overview of the best means of maintaining your health. All medical Nescens check-ups are exclusively performed at the clinics of the Swiss Medical Network, Switzerland's second largest private clinic group.*

*As a client of the Spa Nescens VICTORIA-JUNGFRAU Grand Hotel and Spa, you enjoy privileged access to the Nescens Center for Preventive Medicine at the Nescens Clinique de Genolier (Vaud).*

*We will advise you on the most appropriate combination of check-ups for you, depending on your medical history, family history, gender and age.*

*For further information, please contact the spa reception.*