

NESCENS BETTER-AGING 7-DAY 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 bioindividuality™ 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 – as well as an anti-aging consultation conducted by a specialist physician. 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)

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

CHF 4,900 – Excluding accommodation

Book now [here: hello@medicaltravel.swiss](mailto:hello@medicaltravel.swiss) Mobile: 0041 78 737 35 41

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