

# La Réserve Genève

## Nescens Better-Aging Programme

This is a typical day on La Réserve Genève's Nescens Better-Aging Programme

TIME	ACTIVITY
06:30 – 10:30	Breakfast.
09:00 – 09:45	Session with the osteopath (45 mins): A consultation with a qualified professional specialising in osteopathy and physiotherapy, which will include physical and joint-health evaluation. The session may be followed by recommendations for physical activity or massages to extend positive effects.
10:00 – 11:00	Personal training session (60 mins): Options for personal training include swimming, Pilates, yoga and running, amongst others.
11:30 – 12:00	Balneotherapy treatment (20 mins): Enjoy Balneotherapy with a selection of essential oils, for slimming, detoxifying, regenerating, relaxing and recovering.
12:00 – 14:00	Lunch.
13:30 – 14:30	Relaxation: You will have access to all spa facilities (swimming pool, fitness area, sauna, hammam).
14:30 – 15:30	Personalised body wrap (60 mins): A choice of wrap designed to achieve a draining, energizing or detoxifying effect.
16:00 – 17:30	Better-aging Signature body massage (90 mins): Detoxifying, stimulating and draining, this exclusive massage targets all muscle and energy routes, concentrating mainly on your most sensitive areas as part of a long-term preventive approach. This results in long-lasting relaxation.
19:00 – 22:00	Dinner.