

CLINIQUE LA PRAIRIE

SWITZERLAND

AESTHETIC MEDICINE CENTER





Clinique La Prairie's Aesthetic Medicine Center is dedicated to its patients' well-being, offering innovative solutions, techniques and technology. It draws upon many years of expertise in the advancing field of preventive and restorative aesthetics, with a broad range of personalized treatments that provide lasting and effective results.

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Coolsculpting

Sculpt your body

Method: Coolsculpting is an innovative and non-invasive solution to reduce fat cells by applying controlled cooling to target areas. This technique refers to cryolipolysis technology, which consists of cooling fat cells in order for them to be self-eliminated by lymphatic drainage. The treatment is performed under medical supervision to guarantee safe and effective results.

Areas: belly, arms, thighs, buttocks, chin

Results:

- Innovative body reshaping technology
- Rapid loss of fat and bulges
- Lasting results

Points to note: Your lymphatic circulation will gradually eliminate the cold-treated fat cells over a period of two months.

Bruising or cramp-like pains may occur as side effects but will disappear within a few days.

Injections

- Mesotherapy
- Body Mesotherapy
- Platelet-Rich Plasma (PRP)
- Hyaluronic Acid
- Neuro Relaxants / Botulinum Protein
- Skin Boosters
- Profhilo

→ Mesotherapy

Hydrate and vitalize

Method: A highly nutritious and revitalizing cocktail is injected into the epidermis, made up of hyaluronic acid, a series of 15 vitamins, amino acids and trace elements with antioxidant and moisturising properties. This treatment uses fine needles to create painless and effective results, restoring a concentration of nutrients to leave your skin glowing.

Areas: face, neck, décolleté, hands, scalp

Results:

- Instant glow
- Firming effect (face and décolleté)
- Reduction of fine lines and improvement of tone (neck and décolleté)

Points to note: This treatment has no side effects and does not require any down time. Some isolated redness and bruising may appear but will fade after a few days. We recommend a top-up session every 3 months.

→ Body Mesotherapy

Smooth cellulite and refine your body shape

Method: This treatment uses localized Injections to liquefy subcutaneous fat, destroying accumulations.

Areas: double chin, body (cellulite), buffalo hump

Results:

- Loss of fat and double chins
- Reduction of cellulite on the hips and thighs
- Firmer skin

Points to note: This treatment achieves efficient results, refining your body shape after just a few sessions.

→ Platelet-Rich Plasma (PRP)

Regenerate and tone

Method: PRP is a natural treatment using Injections of growth factors naturally present in your own plasma. The first step involves a simple blood draw, which will then be centrifuged to isolate platelet-rich plasma (PRP). The harvested PRP contains a rich concentration of platelets, which is re-injected into the dermis using very fine needles. PRP stimulates the skin cells responsible for producing collagen and elastin.

Areas: face, neck, décolleté, hands, scalp

Results:

- Deep regeneration for smoother, younger-looking skin
- Visible reduction of wrinkles, scars and dark circles
- Improves hair regrowth

Points to note: You might see small papules appear at the injection sites, which will disappear after a few hours. This technique remains the most effective treatment to solve the problem of dark circles. To ensure long-lasting benefits, we would advise you to renew it regularly according to the quality of your skin and your age.

→ Hyaluronic Acid

Fill and restore volume

Method: Hyaluronic acid is a molecule naturally present in our bodies and essential for hydration and tone. It captures and holds water within the deep layers of the epidermis. Wrinkles appear when the skin's natural hyaluronic acid decreases. Thanks to scientific advances, hyaluronic acid can now be made in a laboratory and reinjected into the skin as a gel. It retains water and mixes with the hyaluronic acid in the dermis to create a plumping effect.

Areas: face, neck, décolleté, hands, lips, cheekbones, chin, scars

Results:

- Plumping effect on lips
- Wrinkles filled
- Smoother skin

Points to note: The results will last 12 to 18 months. Slight oedema or bruising can occur during treatment but will disappear after a few days.

→ Neuro Relaxants / Botulinum Protein

Soften expression lines

Method: Injecting this protein helps reduce the muscle activity responsible for facial wrinkles - frown lines (between the eyebrows), forehead lines, crow's feet, etc. This technique can also be used to treat excessive sweating on the underarms, hands and feet, along with migraines.

Areas: face, neck, décolleté, hyperhidrosis of the underarms, feet, hands

Results:

- Reduces expression lines
- A more rested-looking face
- Excessive sweating diminished

Points to note: Muscle contraction is reduced two to three weeks after intramuscular injection and lasts 4 to 6 months.

Side effects may include bruising around the injection sites or drooping of the eyelids (reversible after a few days).

– Skin Boosters

Intense hydration

Method: Subcutaneous Injections of stabilized low molecular weight hyaluronic acid provide long-lasting hydration without increasing volume. Drops of hyaluronic acid are injected into the dermis, focusing on the marked zones.

Areas: face, neck, décolleté, hands

Results:

- Delays the appearance of the first wrinkles
- Provides deep, long-lasting hydration
- Enhances skin elasticity
- Improves skin texture

Points to note: The result is instantaneous and the effect lasts between 9 and 12 months.

– Profhilo

Lifting and hydrating effect

Method: The combination of two types of hyaluronic acid of low and high molecular weight has both a hydrating and lifting effect. The Injections are given in five areas on each side of the face.

Areas: face, neck, décolleté, hands

Results:

- Lifting effect
- Deep hydration
- Maintains volume
- Skin has more elasticity

Points to note: Improves complexion immediately. We recommend two Injections one month apart and then every six months. As with all Injections, minor bruising may occur at the injection site.

Laser

- Laser Photorejuvenation
- Vascular Laser
- Ablative Laser
- Hollywood Peel
- Laser Hair Removal
- Laser Genesis

→ Laser Photorejuvenation

Create even skin tone

Method: The light diffused by the Laser destroys the pigments present in sunspots and rosacea (redness on the cheeks, nose, forehead and chin). Several sessions are necessary to eliminate symptoms completely.

Areas: face, neck, décolleté, hands

Results:

- A more even complexion
- Rosacea disappears
- Sunspots disappear

Points to note: Crusts may form on the Laser-treated sites and the rosacea will grow redder, like sunburn, for a few days.

The treated areas should not be exposed to the sun for 15 days.

→ Vascular Laser

Remove varicose leg veins

Method: When the small veinlets running through our bodies dilate, they can stand out and take on a red, bluish or purplish colour, forming unsightly varicosities. Two to three Laser sessions can eliminate these enlarged veinlets.

Areas: legs

Results:

- Varicose veins disappear
- Legs are left smooth

Points to note: You might see some bruising around the Laser pulse points for a week after treatment. This is only temporary and will quickly disappear. The treated area should not be exposed to the sun for 30 days.

→ Ablative Laser

Smooth your skin

Method: The Pearl Laser is specially designed to reduce fine lines and gently smooth skin marked by acne scars.

Areas: face and body

Results:

- Lines smoothed
- Reduced acne scarring
- Glowing complexion

Points to note: Your skin will remain pink or reddish for the first three days after treatment and then peel over the next three days. We recommend a week of post-treatment down time. Several sessions are sometimes necessary to completely smooth the area.

→ Hollywood Peel

Skin fit for a star

Method: The Hollywood Peel is a combination of different treatments. An active product, such as charcoal, is applied to the skin to absorb its inner impurities. This works in tandem with Laser action for deep skin cleansing.

Areas: face

Results:

- Absorption of impurities
- Deep cleansing of the skin
- Pure, fresh, glowing complexion

Points to note: No undesirable effects.

→ Laser Hair Removal

Remove unwanted hair

Method: Laser light enters the skin and is absorbed by the pigments in the hair roots. Hair grows at different rates throughout the body, so treatment duration can take between 4 to 6 sessions to eliminate all the roots.

Areas: upper lips, chin, ears, nose, beard, décolleté, neck, upper back, shoulders, belly, lower back, bikini line (classic, extended or full), half legs, full legs, underarms, arms

Results:

- Long-term hair removal

Points to note: The treated area should not be exposed to the sun for 2 weeks. Patients should shave between Laser hair removal sessions to ensure maximum root retention. Any side effects (such as redness) are only temporary.

→ Laser Genesis

Improves quality of skin and treats acne

Method: The Laser heats the upper dermis, stimulating the production of new collagen. The controlled heat kills the bacteria that cause acne while simultaneously treating the redness and early scarring from acne.

Areas: face, neck, décolleté

Results:

- Skin is revitalized and smoother
- Targets fine lines
- Reduces widespread redness, scarring and acne
- Improves dilated pores

Points to note: This treatment offers an effective long-term solution for acne problems through treating overactive sebaceous glands. The treatment can be carried out at any time of the year. There are no side effects or need for recovery time.



Peels

- Superficial Peel
- Medium Peel

→ Superficial Peel

Radiance Boost

Method: Superficial peels remove dead cells, sebum, and bacteria from the surface of the skin.

Areas: Face, neck, décolletage, body

Results:

- Drying out of acne lesions through sebum regulation
- Brighter skin (radiance boost)

Note: After a superficial peel, no side effects are to be expected.

→ Medium Peel

Deep Cleansing and Skin Regeneration

Method: Medium peels work deeply. They involve mild acids like glycolic acid or trichloroacetic acid, which are applied to the skin for a few minutes.

Areas: Face, neck, décolletage, body

Results:

- Reduction of acne lesions
- Diminished imperfections and pigmented spots
- Evened skin tone and improved skin elasticity

Note: After a medium peel, the skin becomes red for 3 days, then peels for the following 3 days, similar to the effects of sunburn.

Focused Ultrasound

A lifting effect

Method: This treatment uses high intensity, focused ultrasound to make small, heated lines in the skin. It then retracts, and the cells make new collagen and elastin molecules, lifting and tightening the skin non-invasively in just a single session.

Areas: face, neck, décolleté, arms, thighs, buttocks, belly

Results:

- Firmer face contours
- Reduction of wrinkles around the eyes, forehead, double chin
- Lifting effect on the belly, arms and thighs

Points to note: The natural lifting effect will last 2 years.

The treated area may still be a little painful the day after treatment – painkillers will ease this discomfort.

Tensor Threads

Correct sagging

Method: The doctor uses local anaesthetic and inserts tensor threads under the skin with the help of a cannula. These notched threads made from polylactic acid are bioresorbable and cling deep within the skin, lifting it. The final results will appear gradually over 2 to 3 weeks.

Areas: face, neck, décolleté, arms, belly, thighs

Results: A lifting effect, avoiding the constraints of an invasive surgical operation.

- Redrawn and refined face contours
- Natural features and expressions
- Sagging tissue lifted, with more volume

Points to note: The threads will be naturally absorbed after 2 to 3 years. You might see some bruising, and cramp-like pain can occur the day after treatment but will disappear with painkillers.

Microneedling with Radiofrequency (Morpheus 8®)

Lifting and smoothing effect on the skin

Method: The combination of the two techniques makes it possible to have a lifting effect by reshaping collagen and a smoothing effect on the surface by the action of microneedles. Radio frequency reduces the layer of fat under the skin, which improves the double chin and cellulite.

Areas: face, neck, body

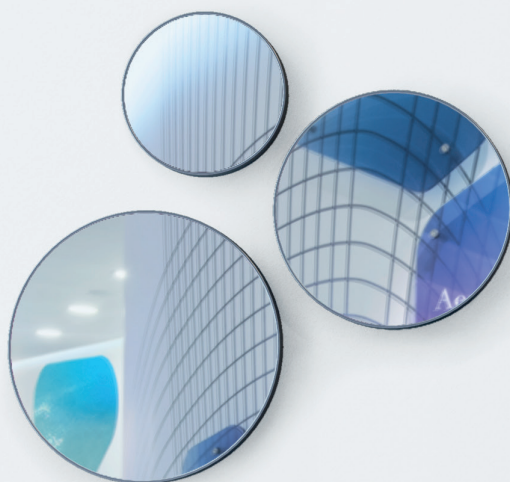
Results:

- Improves fine lines and scars

Points to note: After the treatment the skin can remain red for 24 to 48 hours, the marks of the microneedles can remain visible for 2-3 days. It is advisable to do three treatments 6 weeks apart and then every year or every two years depending on the skin type. This treatment is contraindicated if you have a pacemaker or you have metal prostheses.

An anesthetic cream is applied to the skin 30 minutes before treatment.





Aesthetic Medicine Center

Rue du Lac 142 | 1815 Clarens-Montreux | Switzerland | +41 21 989 31 91 | cme.medical@laprairie.ch