

CLINIQUE  
LA PRAIRIE

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SWITZERLAND

DETOX RESET

5 DAYS

[cliniquelaprairie.com](http://cliniquelaprairie.com)

# CLINIQUE LA PRAIRIE'S DETOX PROGRAM IS NO ORDINARY DETOX REGIME...

Taking a holistic approach, with a balance between an anti-inflammatory approach, stress-relief, personal reflection and connection to vital processes, this program is a transformative journey of inner growth, detox and wellbeing.

You will engage with leading experts, in order to detox, recharge and kick-start a healthier way of life.

You will experience the power of our natural methods for the purification of your body & mind and boosting of your gut microbiome, through detox nutrition processes and a deeper connection with yourself.

Improve your mental and physical wellbeing which will lead to lasting transformation. Discover a greater sense of purpose and fulfilment, with a thoroughly cleansed and purified system, a rested body, and mental balance.

## **UNDERSTANDING THE DETOXIFICATION PROCESS**

Our approach is based on stimulating the body's own detoxifying defences. One step at a time, this program rebalances your body's homeostasis, purifies it from toxins, and activates your body's self-healing ability.

Nutrients have an essential role in the modulation of metabolic pathways involved in detoxication processes. You will be fuelled with specific foods and supplements which will regulate or favourably balance metabolic pathways to assist with toxin biotransformation and elimination.

## **UNRIVALLED DETOX MEALS AND KNOWLEDGE**

At Clinique La Prairie, refined culinary imagination meets science to provide spectacular detox food. And thanks to expert nutrition guidance, you will gain awareness about how food can support liver in essential daily functions.

## **UNWIND AND REGAIN MENTAL BALANCE**

We offer premium wellbeing and movement experiences, results-focused massages and technologies to draw out toxins and stimulate your lymphatic functions, cryotherapy, indoor and outdoor workouts, all carefully designed to provide a holistic detox for your mind and body.

## Detox Reset includes:

5 days, 4 nights

### MEDICAL

- One general health evaluation with a medical consultation
- Blood analyses - laboratory tests to give you personalized recommendations
- Heavy Metal screening
- One body composition test

### NUTRITION

- CLP Detox diet, with anti-inflammatory meal plan
- One clinical nutritional assessment
- One consultation with the dietician to develop a personalized nutritional plan based on results during the stay and recommendations for long-term balance
- Daily CLP Swiss detox herbal infusions
- One Holistic Health Purity supplement (2-month routine to continue the detox at home)

*PRICE: Starting from 11'000 CHF including room and full board (CLP detox diet and beverages)*

### WELLBEING SCIENCE & NATURE

- Three Clinique La Prairie Detox Signature massages
- One cryotherapy session
- One cellular detoxifying facial
- One cellular detoxifying body scrub & wrap
- Two sessions of toxin cleansing far-infrared therapy

### MOVEMENT

- One movement assessment with a coach
- One metabolism detox and breath work — group session
- One yoga detox — group session
- One mountain hike — group session
- One lakeside rebalancing — group session

### Objectives:

- Eliminate toxins and activate the body's self-healing ability
- Boost energy
- Regain inner balance
- Kick-start a healthier lifestyle

# OUR DETOX RESET PROGRAM IS BASED ON THE CLP LONGEVITY APPROACH OVER 4 PILLARS

