

CLINIQUE  
LA PRAIRIE

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SWITZERLAND

HEALTHY WEIGHT





THE WAY TO TRANSFORMATION



**OUR CLP LONGEVITY METHOD™ IS BASED ON A HOLISTIC AND PREVENTATIVE APPROACH THAT TARGETS INFLAMMATION, SLOWS AGING AND BOOSTS IMMUNITY USING THE ELEMENTS OF OUR ‘FOUR PILLARS’ PHILOSOPHY: MEDICAL, NUTRITION, WELLBEING AND MOVEMENT.**

Using the latest anti-aging research and the legacy handed down since the clinic’s foundation in 1931, Clinique La Prairie’s Method gives guests a unique opportunity to change their cellular environment in a way that will optimize health, strengthen the immune system, benefit the metabolism, support the brain, ultimately building a stronger body and mind.

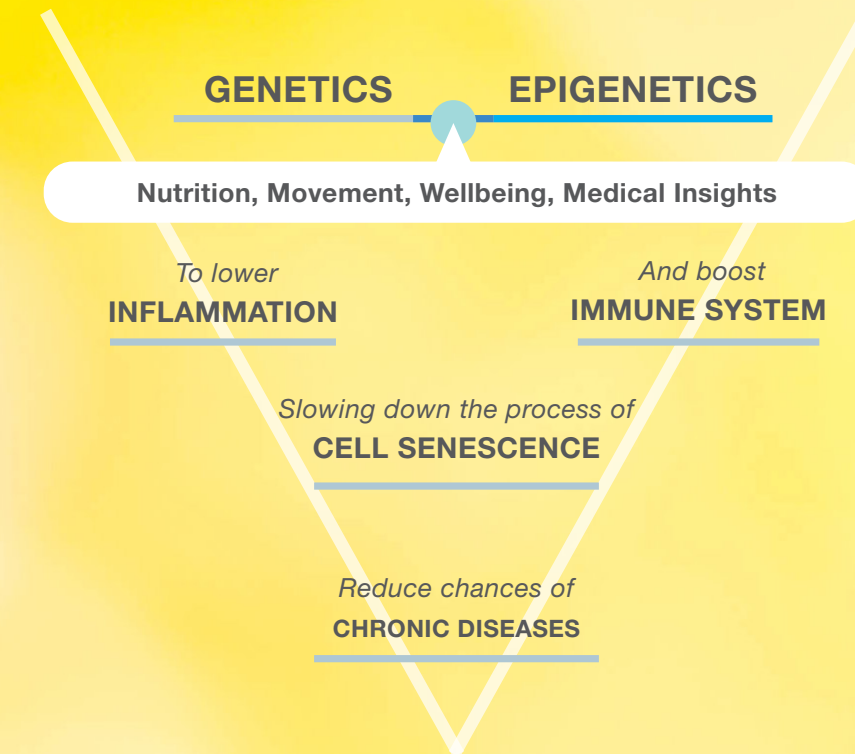
**THE CLP LONGEVITY METHOD AIMS AT REJUVENATING BODY AND BRAIN, SLOWING CELLULAR SENESENCE AND FIGHTING THE BODY’S INFLAMMATION**

We target cellular senescence, that is to say the phenomenon of an aging cell that impacts other healthy cells, resulting in accelerating aging and promoting chronic diseases. We also target and lower the inflammatory responses that are linked to genetic predisposition or lifestyle habits such as nutrition or stress, and that can lead to a wide range of complications and diseases. As a healthy lifestyle builds longevity, it comes down to epigenetics. What you eat and drink, how you sleep, where you live, how you exercise, smoking and many other lifestyle choices - all of these factors can cause chemical modifications to genes that will turn them on or off over time, and the possible combinations are broad and varied. To help you stay healthy and live longer, Clinique La Prairie’s programs aim at triggering balanced gene expressions with natural methods that act at the cellular level: ones that provide instructions to produce proteins associated with longevity rather than senescence.

#### **BOOSTING THE IMMUNE SYSTEM**

Developing good internal defenses is also essential as specific contexts bring our immune system to sometimes shift towards a negative imbalance. Our method includes medical insights and treatments, as well as food supplements, to bring that response to the optimum level.

## CLP LONGEVITY METHOD™



**Clinique La Prairie Longevity MAethod™ helps you live fuller, healthier and longer.**

Each program includes a broad-spectrum approach to health, and a profound belief that longevity is created and maintained in the balance of mind, body and spirit. Leading doctors and therapists personally oversee our programs, following our philosophy and the latest science to enhance your life to the fullest potential.

## CHOOSE A TRUSTWORTHY AND SUCCESSFUL PROGRAM TO OPTIMIZE YOUR WEIGHT

With the new version of the Healthy Weight program, Clinique La Prairie offers the most advanced weight management program.

Two weeks to aim for an optimal weight in a healthy, progressive and balanced way, under strict medical and nutritional supervision, taking into account body, metabolism and mind.

To rediscover vitality and the pleasure of living at an optimal weight, we have developed an approach that focuses on your genetic profile, restoring your physical and mental fitness, and stabilizing your metabolism, with lasting results adapted to your personal profile.





### DID YOU KNOW?

People often want to lose a lot of weight quickly. However, a number of studies have proved that draconian diets induce biological compensation mechanisms, resulting in weight regain after only one year and a risk of the yo-yo effect. The failure rate of diets without appropriate professional support varies between 60% and 90%. In addition, rapid weight loss leads to muscle wasting; this loss of lean mass can represent up to 30% of the lost weight. Being overweight is therefore a problem that should not be tackled without professional help.

## A PERSONALIZED STRATEGY TO OPTIMIZE THE RESULTS

Because not everyone is the same when it comes to weight gain, the Healthy Weight program offers an individualized approach that also includes a DNA test. There are indeed particular sensitivities; typically, the basal metabolic rate which can vary greatly from person to person. However, these factors can be influenced with targeted treatment and care.

Particular emphasis is placed on screening for possible micro-inflammations and hormonal imbalances that play a role in the genesis of overweight.

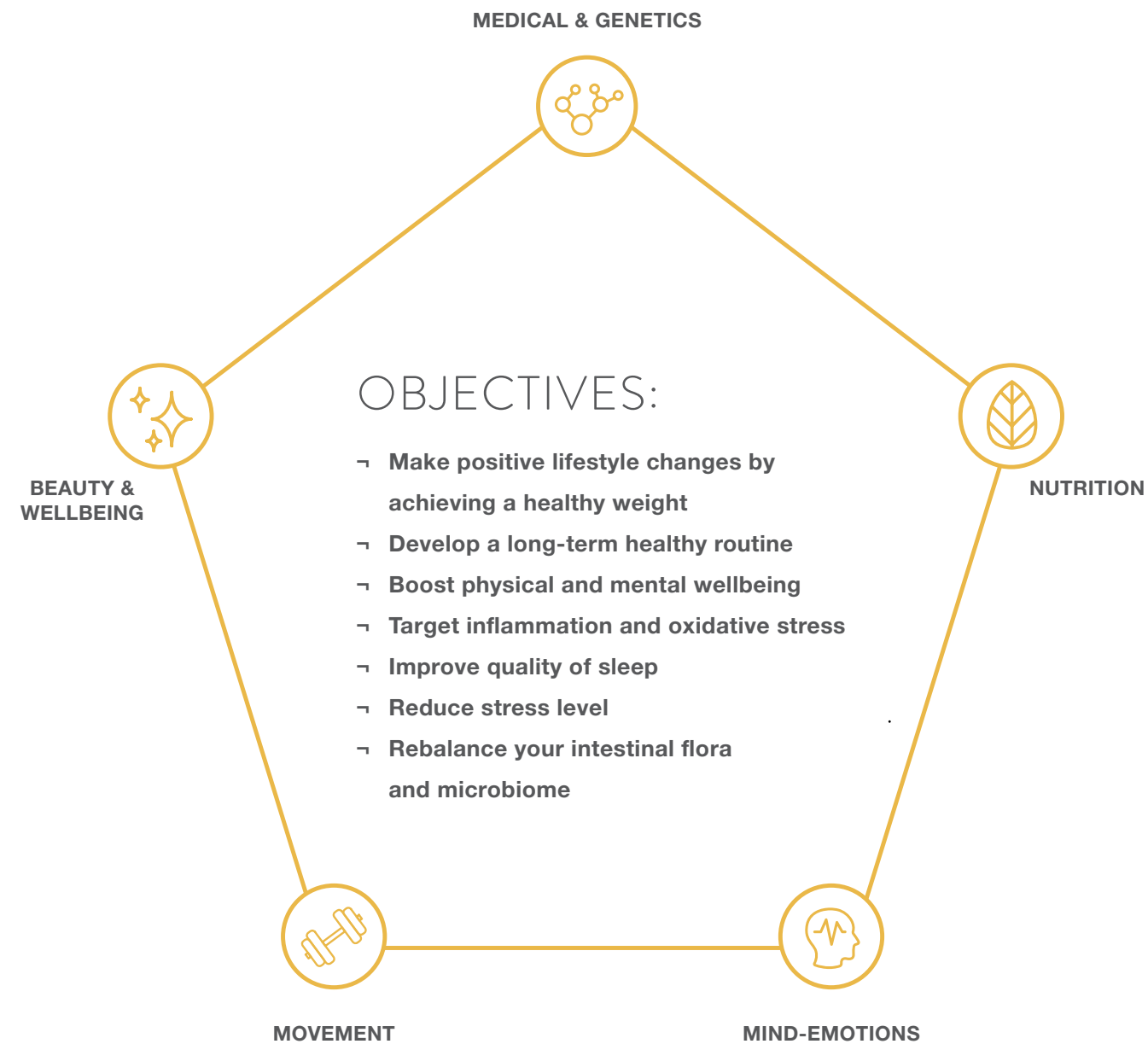
## A “GENTLE” APPROACH FOR LONG-TERM VIABILITY AND EVEN GREATER EFFECTS

Clinique La Prairie's approach is not to deprive you or make you feel guilty, but to define a meaningful strategy that motivates you so that long-term weight maintenance is effective and rewarding.

In the same vein, our experts recommend combining the Healthy Weight program with a one-week Master Detox program beforehand, in order to cleanse and prepare your body.



THE SCIENCE AND MEDICINE  
PRACTICED AT CLINIQUE  
LA PRAIRIE FOCUSES ON WEIGHT  
MANAGEMENT AND A HEALTHY  
LIFESTYLE OVER THE LONG TERM





## THE CLP HEALTHY WEIGHT APPROACH BASED ON 5 DIMENSIONS

### MEDICAL & GENETICS, NUTRITION, MIND- EMOTIONS, BEAUTY & WELLBEING, MOVEMENT

As being overweight is often due to a problem of multifactorial origin, our Healthy Weight program combines a holistic approach of which the effectiveness on weight management has been proved.

### A HOLISTIC VIEW TO IDENTIFY AND ADDRESS THE CAUSES OF THE PROBLEM

This multidisciplinary approach makes it possible to treat the underlying and sometimes indirect causes of overweight. For example, it is not uncommon to find subacute systemic inflammation, disruption of the microbiota or desynchronization of the biological clock, with irregular and/or insufficient sleep. Sometimes it will be a question of combating oxidative stress by treating excess cortisol.



## DID YOU KNOW?

Calorimetry also provides objective benchmarks for designing a physical activity plan tailored to your metabolic profile; it makes it possible to determine the best intensity/duration ratio of exercise with a view to optimal combustion of lipids during exercise.



## MEDICAL-GENETICS

The first step is a detailed medical and psychological assessment, which allows us to adjust your Healthy Weight program to meet your exact needs. In-depth investigations to detect and treat all direct and indirect factors of overweight:

- An exclusive genetic test to investigate your metabolic absorption capacities as well as risk factors related to weight: risk of obesity, appetite control, risk of hypertension, risk of inflammation, risk related to sports injuries.
- A complete medical check-up.
- A series of examinations and specialized medical consultations to detect any health problems affecting the physiological regulation of weight: disruption of circadian rhythms, apnea and sleep disorders, presence of inflammation, heart problems, etc.
- Targeted blood analyses: measurement of oxidative stress, cholesterol levels and the risk of diabetes, cortisol levels, to name but a few.
- An evaluation of the basal metabolic rate to adapt your food plan to your real energy needs, from the start of the stay.
- A body composition analysis at the beginning and end of the stay.





### DID YOU KNOW?

Probiotics exert appetite suppressant and weight loss effects, in addition to having anti-inflammatory properties. This efficiency is thought to be due to a synergistic action on the production of short chain fatty acids and the renewal of the microbiota.



## NUTRITION

The Healthy Weight program relies on close collaboration between dietary specialists and the kitchen team. Your coaching and dietary plan are tailored to your medical results for optimization of beneficial effects on inflammatory states, cardio-metabolic functions, stress, sleep and the health of your intestines.

Our nutritional philosophy teaches you how to establish long-term habits by favoring local ingredients that are transformed into pleasurable and balanced dishes.



# OUR NUTRITIONAL APPROACH IS BASED ON 4 CONVERGING AXES

## **AN ANTI-INFLAMMATORY DIET**

A diet with a high vegetable content, with the exclusion of animal proteins for a double synergistic anti-inflammatory and antioxidant action. Our team of specialists will enrich your personal food plan with fermented products, probiotics and prebiotics, while playing on the colors and visuals of the dishes for a gustatory pleasure. Evening meals will be vegan. You will discover that it is possible to keep the pleasure of eating while managing your weight. All of these aspects have a very positive impact on sleep quality and stress management.

## **INTERMITTENT FASTING TO ACTIVELY BOOST YOUR METABOLISM**

Clean your intestines, detoxify and deeply regenerate your body. The interest of intermittent fasting for the body's cellular recycling is recognized by health insurers. Its positive impact on wellbeing and longevity, as well as its role in weight loss, has indeed been proven. Our specialists will also suggest morning physical activity sessions, based on the results of your calorimetry.

## **PRECISELY CALCULATED CALORIE RESTRICTION**

To promote fat oxidation while preventing the loss of muscle mass. Your meal plan is entirely determined by your own energy requirements, basal metabolic rate and other clinically assessed threshold values.

## **PRIVATE NUTRITION WORKSHOPS AS WELL AS DAILY NUTRITIONAL COACHING**

To support you, guide you and advise you in your choices also in the long term.

### **And also, in support**

- A treatment of probiotics, to be taken for a month for a triple therapeutic effect on the intestinal flora: cleansing, renewal and protection against germs.
- Exclusive CLP herbal teas made from Swiss plants from the mountains, to promote weight loss and body drainage, with unique recipes that draw on the long Swiss tradition in herbalism.

## DID YOU KNOW?

Breathing practices are known to slow down your heart and breathing rate, lower blood pressure, increase oxygen supply to the blood and cells, aid digestion and eliminate fats and other toxins. Performing mind-body practices will intentionally slow down your breathing and give positive signals to your body.



## MIND – EMOTIONS

Stress and aging lead to inflammation, energy imbalance, oxidative damage caused by free radicals and neural degeneration. This is why it is essential to promote the ability to cope with physical and emotional stress, to strengthen the metabolism and to affect longevity mechanisms in many ways by taking advantage of the body's main adaptation systems (nervous, endocrine and immune).

Psychological aspects, such as self-confidence and feeling good about yourself, are naturally integrated into the program, through daily support by our teams of specialists and sessions of relaxation and breathing techniques.

### **The following elements are integrated in order to regain physical and mental balance:**

- An analysis of the quality of sleep accompanied by a consultation with one of our experts, detection of possible disturbances of circadian rhythms, apnea and sleep disorders that influence weight gain.
- Psychological support throughout the stay, a mix of different techniques: hypnosis, cardiac coherence, sophrology and relaxation.
- Breathing coaching to boost metabolism.
- A Chi Nei Tsang massage, a traditional Taoist approach that aims to provide lasting relief from tension by releasing energy and emotional blockages.



### DID YOU KNOW?

A person's weight and build are not only determined by their diet, but also by many physiological, genetic and psychological parameters. This is why it is recommended to establish personal medical profiles for better management of overweight.



## BEAUTY & WELLBEING

We cannot emphasize enough the importance of feeling good about yourself in order to maintain or regain a healthy weight. The Healthy Weight program focuses on wellbeing and remodeling treatments.

In addition to the classic methods and technologies for improving tone, skin quality and cellulite reduction, several new features have been introduced to ensure even faster and more effective body remodeling.

# BEAUTY & WELLBEING THROUGH 3 AXES

## **The valuable complement of aesthetic medicine**

- Beauty consultation.
- A coolsculpting session that uses the cryolipolysis technique, a promising approach to remodeling the silhouette, compared to invasive techniques such as liposuction. By targeted application of controlled cooling to certain areas of the body, it is possible to induce a natural process of fat cell elimination by lymphatic drainage. The positive effects on weight loss are numerous: reduction of water retention, stimulation of the immune system, lymphatic circulation and reduction of inflammatory mechanisms.

## **High-performance wellness technologies**

- Infratherapy sessions using long infrared rays, the only ones in the solar spectrum that are beneficial to living beings. This is a method that has been proven for over twenty years to detoxify the body, beautify the skin, promote relaxation, relieve joint pain, stimulate muscle recovery, strengthen the immune system and soothe the nervous system, among other things.
- Cryotherapy sessions to help the process of slimming and cellulite reduction thanks to the beneficial effects of cold on the body.

## **Spa treatments targeted at supporting weight loss and improving skin quality**

- High-tech body remodeling sessions for deep dynamic action. This method combines the effects of a mechanical massage and the power of laser to stimulate blood circulation and drain skin tissues.
- High-frequency cellular stimulation sessions to treat body imperfections using patented technology. Our latest generation device is capable of performing up to eight synergistic actions simultaneously (e.g., liporeduction, remodeling, tissue firming, vascularization and oxygenation of the three layers of the skin, anti-cellulite drainage).
- Pressotherapy sessions to further stimulate body drainage. This technique is particularly indicated to combat cellulite, water retention and heavy legs.
- Body wrap sessions to tone and firm the skin by improving its elasticity. Combined with signature anti-cellulite massages, they will allow you to find smoother and more beautiful skin.



## DID YOU KNOW?

We offer a mix of several disciplines with varied sports sessions, including training on an outrace circuit and biocircuit training. Hikes to enjoy the stimulating nature of the Lavaux region, the Lake and the Swiss mountains.



## MOVEMENT

The Healthy Weight program offers an individualized approach to sport that precisely determines the intensity of physical exercise and the most beneficial times of the day so that your body transforms as much fat as possible into fuel. Intense effort forces the body to draw on sugars, which are an immediately accessible source of energy; it is a question of burning fat reserves. Therefore, your physical activity plan is personalized according to your condition and includes a mix of varied indoor and outdoor sessions, with the support of new technologies to maximize weight loss while improving your health!

The activity plan to achieve maximum lipid oxygenation while developing your tonicity, mobility and physical performance includes: a personalized sports plan based on your physical condition analysis at the start of your stay, a mix of several disciplines with varied sports sessions and body composition analyses at the beginning and end of the stay, for a sports assessment with medical recommendations.

# CLINIQUE LA PRAIRIE HEALTHY WEIGHT 14 DAYS INCLUDES:

**14 days, 13 nights (arrival on Sunday, departure on Saturday), luxury accommodation, full board, limousine transfer**

## MEDICAL – ADVANCED DIAGNOSTICS AND TECHNOLOGIES

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- ↪ Nutrition specialist consultations
- ↪ Medical assessments and week-long follow-up by your leading physician
- ↪ Medical check-up: laboratory analyses, chest x-ray, abdominal ultrasound
- ↪ Two body composition analyses
- ↪ Oxidative stress
- ↪ Cortisol test
- ↪ One stress test, ECG and consultation with the cardiologist
- ↪ One Calorimetry
- ↪ DNA test and report, exclusively created for our program by GenePredictis Labs
- ↪ Two-months cure of CLP Cellular Genomic Healthy Weigh
- ↪ Continuous glucose monitoring

## ANTI-IMFLAMMATORY & HEALTHY NUTRITION

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- ↪ Four consultations to develop a personalized nutritional plan based on metabolism, medical results and lifestyle
- ↪ One private nutrition workshop
- ↪ Guidance from a dietician at every meal to help make the right food choices
- ↪ Daily CLP Swiss herbal infusions featuring stimulating properties to weight loss
- ↪ Specific healthy weight menus tailored to individual needs and goals
- ↪ Intermittent fasting

## MIND-EMOTIONS

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- ↪ One sleep quality test and consultation with a sleep specialist
- ↪ Three psychological consultations
- ↪ Two sessions of metabolism boost and breath work
- ↪ One Chi Nei Tsang massage

## BEAUTY & WELLBEING

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- ↪ One anti-aging skin & aesthetic consultation
- ↪ One session of coolsculpting
- ↪ Two sessions of far-infrared therapy
- ↪ Four high-tech remodeling body treatments
- ↪ Two high frequency cellular stimulation for body
- ↪ Two pressotherapy sessions
- ↪ One anti-cellulite peel and wrap
- ↪ Two cellulite-control massages
- ↪ Six sessions of cryotherapy

## MOVEMENT

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- ↪ One movement assessment
- ↪ Two outrace circuit group training sessions
- ↪ One biocircuit group training session
- ↪ Four personal training session
- ↪ Two hike outdoor sessions
- ↪ Final movement wrap-up and recommendations

The program includes luxury accommodation for 13 nights, menus full board, limousine service, and access to the fitness and wellness centers, including swimming pool, sauna, steam room, zero-gravity floating bed, vitality pool and more.

PRICE: From 36,900 CHF



# CLINIQUE LA PRAIRIE HEALTHY WEIGHT 7 DAYS INCLUDES:

**7 days, 6 nights (arrival on Sunday, departure on Saturday), luxury accommodation, full board, limousine transfer**

## MEDICAL – ADVANCED DIAGNOSTICS AND TECHNOLOGIES

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- Nutrition specialist consultations
- Medical assessments and week-long follow-up by your leading physician
- Medical check-up: laboratory analyses, chest x-ray, ECG, abdominal ultrasound
- One body composition analyse
- Oxidative stress
- Cortisol test
- One Calorimetry
- DNA test and report, exclusively created for our program by GenePredictis Labs
- Two-months cure of CLP Cellular Genomic Healthy Weigh

## ANTI-IMFLAMMATORY & HEALTHY NUTRITION

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- Two consultations to develop a personalized nutritional plan based on metabolism, medical results and lifestyle
- One private nutrition workshop
- Guidance from a dietician at every meal to help make the right food choices
- Daily CLP Swiss herbal infusions featuring stimulating properties to weight loss
- Specific healthy weight menus tailored to individual needs and goals
- Intermittent fasting

## MIND-EMOTIONS

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- One psychological consultation
- One session of metabolism boost and breath work

## BEAUTY & WELLBEING

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- One anti-aging skin & aesthetic consultation
- One session of far-infratherapy
- Three high-tech remodeling body treatments
- One pressotherapy session
- One anti-cellulite peel and wrap
- One cellulite-control massage
- Three sessions of cryotherapy

## MOVEMENT

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- One movement assessment
- One outrace circuit group training session
- One biocircuit group training session
- Two personal training session
- One hike outdoor session
- Final movement wrap-up and recommendations

The program includes luxury accommodation for 6 nights, menus full board, limousine service, and access to the fitness and wellness centers, including swimming pool, sauna, steam room, zero-gravity floating bed, vitality pool and more.

PRICE: From 19,500 CHF



## WELCOME TO CLINIQUE LA PRAIRIE

Since 1931, Clinique La Prairie has been a pioneer in the field of longevity, constantly pooling its strengths in research and science. It was the first medi-spa to offer advanced genetic tests constantly continues to spearhead innovative medical technologies and approaches. Inspiring clients to live a “better, longer and healthier life” has always been our mission.

The Mattli family, who have owned Clinique La Prairie for over 40 years, have ensured that this motto remains enshrined in its philosophy and contemporary development, while promoting innovation with a human touch, supporting customers’ health journeys and developing new products into life sciences. Four pillars – medical care, wellbeing, nutrition and movement – form the foundations of the exclusive programs, made possible by Clinique La Prairie’s uniqueness: bringing together experts from multiple disciplines and doctors under one roof. We feed into this interdisciplinary approach, throughout our guests’ stay, and give them a comprehensive overview of their state of health, enabling them to be the architects of their own wellbeing.

In the exceptional setting of the Swiss Riviera, we complement science with nature and serenity.



# LIVE HEALTHY, LIVE FULLER, LIVE LONG

We offer the most advanced science and the highest level of personalization in week-long holistic programs targeting immunity, anti-aging and detoxification to revitalize every part of the body and mind.

Our holistic approach is supported by leading specialists and a team of wellbeing experts, aiming at fulfilling physical, psychological and emotional needs. Signature programs include Revitalisation and Master Detox programs, as well as a series of wellbeing, sleep, beauty, and immunity programs, all carefully crafted to enticing life to its fullest potential.

Clinique La Prairie's nutrition fuels a life of health and vitality. Throughout your stay, our expert nutritionists provide personalized advice for long-term balance, while our Chef and his team craft healthy and inspiring dishes adapted to every need and goal.

Feeling good and luxuriating in a range of exclusive treats is an essential part of rebalancing energy. Designed for a multi-sensory experience, the award-winning spa features a collection of high-tech and traditional therapies, promising result-focused treatments, relaxation and enjoyment.

The clinic offers a wide range of medical consultation, with cutting-edge equipment to make any medical test and diagnosis in short time, during your stay.

DISCOVER THE MOST ADVANCED  
PROGRAMS TO LIVE A BETTER,  
HEALTHIER AND LONGER LIFE.

