

CLINIQUE
LA PRAIRIE

SWITZERLAND

REVITALISATION

90 YEARS OF REVITALISATION
LIVE THE LEGEND

When Dr Paul Niehans opened the doors to Clinique La Prairie in 1931, he wanted to give people longer, healthier and fuller lives - and, in doing so, he transformed the world of health and wellbeing. Since then, Clinique La Prairie has pioneered the science of longevity, making the clinic's reputation for preventative medicine second to none.

The clinic's legendary Revitalisation was a groundbreaking cellular therapy that rejuvenated people's immune systems and battled aging. The results were spectacular. Revitalisation brought celebrated names from politics, the arts and industry to Montreux. Minds and bodies were lifted - guests left feeling like new people.

For 90 years, those in search of a profound change in their health and wellbeing have made the same journey and the Revitalisation program remains the very essence of a stay at Clinique La Prairie.

Revitalisation was centered around a revitalizing formula created by Dr Niehans, which has been honed to perfection over the decades.

Clinique La Prairie's Revitalisation has evolved into a transformative experience. A holistic week-long program that stimulates cell regeneration, fights the signs and causes of aging, and enhances overall mental and physical health, through a four-pillared approach of medical insight, nutrition, wellbeing and movement.

Our team of life scientists and medical experts has integrated technology such as DNA testing and continually advanced every element of the science behind the program to produce ever greater outcomes.

Along with the exclusive CLP Extract, immune-boosting, stimulating and rejuvenating treatments, and therapies for the mind and body, create the ultimate cellular revival, revitalizing every part of the body and mind.

INSPIRED BY THE FUTURE

We have dedicated the last nine decades to unlocking the secrets behind longevity and wellbeing. This commitment has resulted in the best anti-aging treatments in the world to regenerate and rejuvenate your body and spirit, strengthen your immune system and enhance your physical and mental performance.

Our innovative and forward-thinking approach means that, since 2018, cutting-edge DNA testing has become an essential pillar of Revitalisation, enabling us to build a comprehensive health map for each individual and tailor a life-changing program to meet their very specific needs.

Today, building on the extensive knowledge they have gained from years of clinical practice, our leading life science experts have shaped Revitalisation into a new balance of science, nature and technology that will help you feel your absolute best and live a fuller life.

UNLOCK THE SECRET OF LIVING

The Revitalisation program lasts for seven days and six nights and might be the most important week of your life. Your time with us will stimulate your immune system, decrease inflammation and slow the aging process in your body's cells: three vital factors in extending and improving lives.

You will benefit from the very latest advances in anti-aging, cellular and nutraceutical sciences, and engage with the very best physicians and holistic consultants – all working together to make you look and feel younger by guiding you towards a healthier future.

They will help you rebalance your lifestyle, sleep better, and lift your mental performance. You will be physically stronger, with greater endurance and resistance to illness.

Every element of your wellbeing will be transformed by this unique, holistic and exceptional journey that takes place amid the breathtaking surroundings of Lake Geneva and the mighty Alps.

YOUR HEALTH BENEFITS

Our holistic approach to preventative medicine means that each element of Revitalisation, from CLP Extract and DNA analysis to our wellness techniques and what you have for lunch, has the same goal of giving you a better, healthier, longer life. More specifically, within that goal, we have four objectives: regenerate, rejuvenate, bolster immunity and rebuild the highest physical and mental potential.

Revitalisation regenerates your body on a cellular level, by contributing to reducing senescent cells and to targeting inflammation, helping to slow the body's aging process and foster longevity.

It rejuvenates by helping increase the amount of oxygen in body tissue – the health of which is key to preventing disorders and inflammation.

Through stress relief, circadian rhythm stimulation and control of your gut microbiota, it helps boost your immune system.



REGENERATION



REJUVENATION



IMMUNE SYSTEM



MIND BODY
BALANCE



THE SCIENCE
OF REGENERATION

**90 YEARS OF SEARCHING FOR THE BEST ANTI-AGING TREATMENTS THAT SUPPORT
KEY BIOLOGICAL FUNCTIONS AND ENTICE LONGEVITY:**

THIS QUEST HAS RESULTED IN NEW
BREAKTHROUGH NATURALS ADDED
TO THE REVITALISATION PROGRAM,
COMPLEMENTING THE LEGENDARY CLP
EXTRACT TO REGENERATE AND
REJUVENATE YOUR BODY.

EXCLUSIVE REVITALISATION FORMULA: CLP EXTRACT

Our Signature Revitalisation rejuvenating formula, given in conjunction with bio-stimulants.

The product of 90 years of research in longevity, our CLP Extract is a powerful formula created to help regenerate the organism and fight the effects of aging.

CLP CELLULAR GENOMIC REV FFS1-5 ACTIVATOR

This comprises five naturally beneficial compounds, known as nutraceuticals, that interact with the genes involved in cell stimulation. Each compound is a combination of a revitalizing complex and carefully selected micronutrients and plant extracts chosen to give your body a specific benefit.

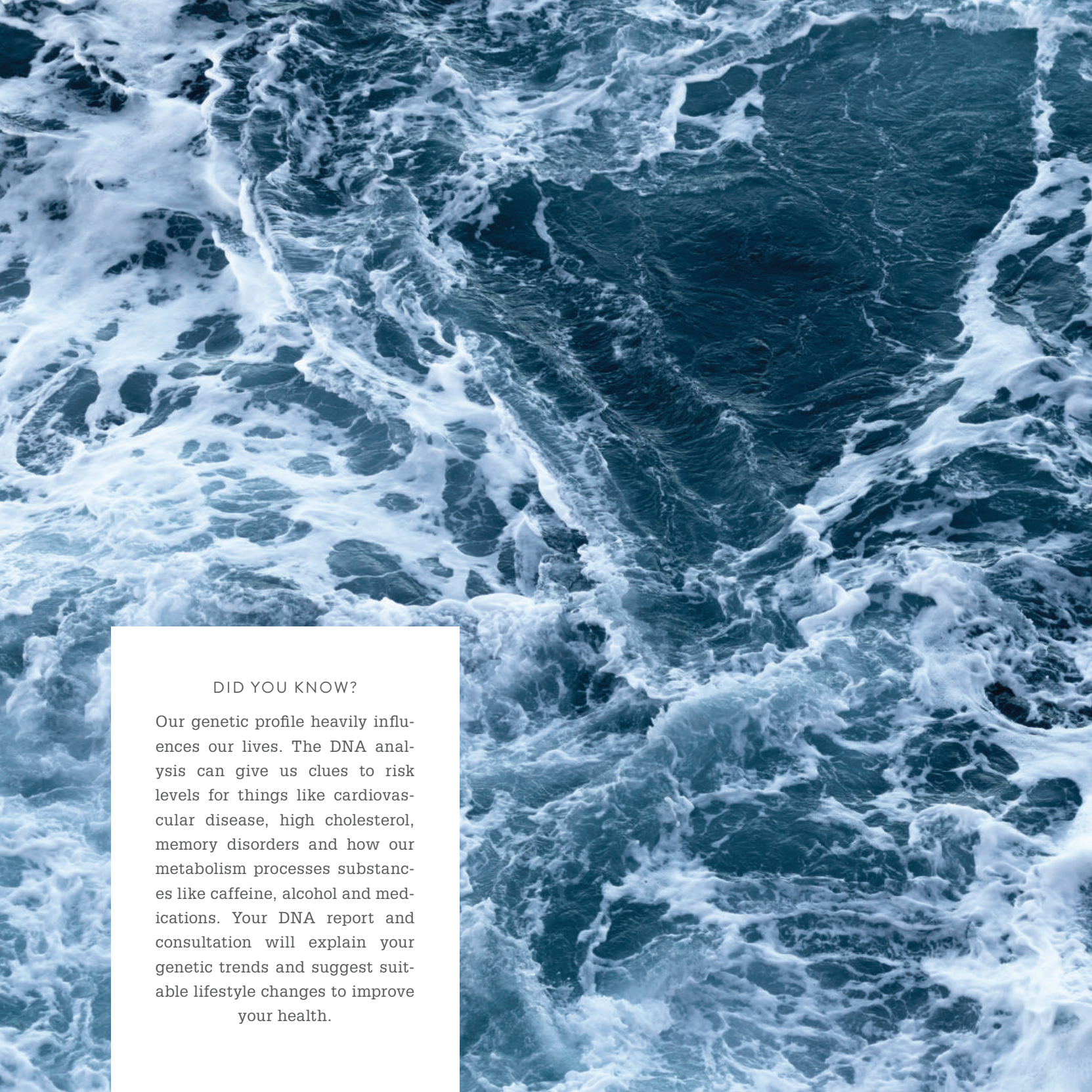
The five areas they address are all key to regeneration and wellbeing: the immune system, the nervous system, a reduction in inflammation, gut microbiota health and your sleep patterns. A wonderfully natural way to enhance your health that you begin during your stay and continue at home for four weeks.

HP-CELLULAR ACTIVE

This organic plant complex combining natural organic ingredients with the best science provides a powerful antioxidant that helps neutralize oxidative stress and stimulate the properties of cells to protect themselves.

Through a unique natural process developed by Clinique La Prairie, the extract features a master organic substance that helps to enhance cell revitalization.

DISCOVER REVITALISATION
DAY BY DAY



DID YOU KNOW?

Our genetic profile heavily influences our lives. The DNA analysis can give us clues to risk levels for things like cardiovascular disease, high cholesterol, memory disorders and how our metabolism processes substances like caffeine, alcohol and medications. Your DNA report and consultation will explain your genetic trends and suggest suitable lifestyle changes to improve your health.

MONDAY

↳ YOUR BODY'S SECRETS REVEALED

Welcome to the first morning of a healthier, longer future.

You meet your personal doctor for the first time, and you spend an important day with the specialists of our leading medical center.

This is where the transformation begins. Consultations, advanced DNA and blood tests, screenings, and a thorough high-level check-up help comprehensively map your health and plot a journey suited to your unique needs.

Your delicious and wholesome lunch is followed by a meeting with a nutritionist with whom you discuss your dietary habits and begin a tailored approach to deliver nutritional inspiration.

In the evening, the highly stimulating spa is yours. Experience the wellness or gym facilities, or simply unwind while our experts work hard to identify just what's needed to reset your body.

DID YOU KNOW?

Revitalisation program looks to reduce inflammation – one of the biggest causes of disease and aging. An inflamed cellular environment can lead to issues with everything from your sleep pattern to the inactivation and depletion of stem cells. It also leads to the development of senescent cells (cells that no longer divide) which can contaminate other normal cells, triggering a cycle of aging.

TUESDAY

→ REALIZE YOUR POTENTIAL

Tuesday is all about stimulation.

Tests have been completed, your results are being analyzed and the stimulating treatments, from workouts to wellness, have been scheduled.

Our holistic approach means that physical exercise and wellbeing are integral to the program.

An energetic morning kick-starts your mind and body as you spend time with one of our personal trainers, taking part in a session based on your specific goals and abilities.

It's time to enter the first phase of Revitalisation. The immuno therapeutic supplementation has started and you receive our biostimulant today. These have a fundamental function: they optimize the next steps of the program.

You're also given the powerful and organic HP-Cellular Active that you drink daily for four days.

DID YOU KNOW?

Mental and physical wellbeing have an unbreakable link. For our bodies to be healthy and live longer, our minds need to be healthy too. This is why part of our Revitalisation program is dedicated to relaxing spa therapies. From light meditation to deep massage, from skin treatments to spiritual exploration, your stay will help you reduce the dangerous stress and anxieties of everyday life.

WEDNESDAY

- FIRE UP YOUR INTERNAL DEFENSES

Today, you will join an exclusive club, receiving an iconic treatment that has been at the heart of Clinique La Prairie since 1931: our regenerative CLP Extract.

While these scientific wonders work on your body, it's time to treat your mind to an afternoon of blissful wellness.

Here you enjoy a complete wellbeing experience. This ritual has been perfectly designed to enhance the positive effects of Revitalisation, with a euphoric mix of our high-tech LED light treatment to regenerate cells and rejuvenate skin, an anti-aging facial treatment and a soothing neuro-wave therapy session.

This combination helps reinforce the immune system, reduce inflammation and send you into a heavenly state of deep physical and mental relaxation.



DID YOU KNOW?

Nutrition plays an important role in our holistic approach to longevity. You receive two dietary consultations during your stay. The first introduces you to our nutritional concept and involves a complete assessment based on your nutritional habits and medical tests. The second is a four-phase dietary intervention program that focuses on gut microbiota recovery, cellular protection, healing and reducing inflammation, through CLP Integrative, Neutralization, Rebalancing and Empowerment processes.

THURSDAY

→ REINFORCE THE EFFECTS

Feeling fit and alert, you begin our new Cellular Genomic REV FFS 1-5 Activator course of nutraceuticals, which provide long-lasting, life-changing health benefits.

Along with your second intake of CLP Extract and your daily medical check, today is a day to relax, explore and exercise.

Your nutritionist clarifies why the clinic's diet has been making you feel so light and invigorated, and explains the many question marks that surround the key triggers for transformative changes.

You indulge in a second wellbeing experience with a Revitalisation signature massage, which uses the healing power of lithotherapy, before taking some time for yourself.

Whether you enjoy the luxurious spa, you book an aesthetics treatment, you confront your limits with a hike in the Alps or your face the serenity of the lake, you will emerge renewed.

Whatever you want to do, our dedicated staff are there to guide you.



DID YOU KNOW?

Exercise fights the aging process by improving tissue oxygenation, reducing stress levels and increasing cognitive and mental abilities. This is why movement is an important part of the Revitalisation program. Activities include a mix of outdoor activities, animal movement, stretching, strength training and circuit training – but will always be tailored to the guest's individual needs and abilities.

FRIDAY

- REFLECTION AND REWARDS

Your last full day with us is hugely satisfying.

You have an injection of a powerful antioxidant complementing the Revitalisation process. You already feel like a new person, reaping the benefits of the world-class treatments, activities and expert advice - not to mention the simple joy of spending a week concentrating on your wellbeing.

It's time to discuss your achievements with our medical team and to ask any questions you might have. It's also a moment to pause and reflect. How do you feel? What have you learned? How will it change your life?

Revitalisation is the beginning of a much longer journey of self-discovery and transformation. Everything you've experienced means you go home with a whole set of tools and habits to live a healthier and fuller life.

DID YOU KNOW?

Your Revitalisation journey doesn't end today. You take home the rest of your one-month CLP Cellular Genomic REV FFS1-5 Activator course of nutraceuticals with their anti-inflammatory, immunostimulatory and metabolic benefits. You also go home with physical, nutritional guidance, and your personalized DNA and medical diagnosis.

SATURDAY

↳ A NEW STATE OF MIND

Today you begin a new life, with an immune system that's stronger than ever. You have been regenerated, rejuvenated.

You understand better how to care for your body and you have been able to connect with yourself on a deeper level. You also know how to look after your mind, to be more relaxed and calm.

The extraordinary power of Revitalisation has put you on the path to balance and longevity.

CLINIQUE LA PRAIRIE REVITALISATION PROGRAM INCLUDES:

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

LONGEVITY & IMMUNITY MEDICAL TECHNOLOGIES AND CONSULTATIONS, LED WITH YOUR GENETIC INSIGHTS

- Longevity consultations
- Medical assessments and week-long follow-up by your leading physician
- Advanced medical check-up: laboratory analyses, chest x-ray, abdominal ultrasound, electrocardiogram, dental panoramic
- Nutri-longevity DNA test and report, exclusively created for our program by GenePredictis Labs
- Dental check-up
- Body composition test
- Vitamin/essential therapy (injection) based on lab results
- One anti-aging skin & aesthetic consultation
- Immuno therapeutic supplement

EXCLUSIVE REVITALISATION FORMULA: CLP EXTRACT

Signature Revitalisation rejuvenating formula, given in conjunction with bio-stimulants. The product of 90 years of research in longevity, our CLP Extract is a powerful formula created to help regenerate the organism and fight the effects of aging. Since 1931, those in search of a profound change in their wellbeing have been coming to Clinique La Prairie to reap the benefits of this exclusive cellular formula combined with the unique medical, wellness, nutrition and lifestyle plans of the Revitalisation program.

CUTTING-EDGE SCIENCE TO COMPLETE THE REGENERATION AND ANTI-INFLAMMATORY APPROACH

- Pioneering CLP Cellular Genomic Revitalisation FFS1-5 Activator : one-month cure of 5 activator supplements developed to enhance the program's effects on body, brain, sleep and microbiota
- One session of Revitalizing antioxidant injection
- Daily booster of HP-Cellular Active

NUTRITION: ASSESSMENT - REBALANCE - HEALING

- Dietitian coaching: two "Unlocking Longevity" consultations to develop a personalized nutritional plan based on medical results and lifestyle
- Daily CLP Swiss herbal infusions featuring stimulating properties for the immune system
- Healthy CLP menus

ENERGIZING AND REJUVENATING WELLNESS FOR BODY AND MIND

- Two sessions of far-infrared therapy to regenerate cells and improve quality of skin
- One session of neuro-wave stimulation
- One Revitalising signature massage
- One anti-aging facial treatment

MOVEMENT

- One movement assessment with your personal coach
- One personal training session

The program includes full access to the fitness and wellness centers, including swimming pool, sauna, steam room, zero-gravity floating bed, vitality pool and more.

PRICE: FROM 29,200 CHF

UNLOCK THE SECRET
OF LIVING

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