

CLINIQUE
LA PRAIRIE

SWITZERLAND

REVITALISATION
PREMIUM

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, 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.

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 we have gained from years of clinical practice, with our leading life science experts we have shaped Revitalisation into a new balance of science, nature and technology that will help you to feel your absolute best and live a fuller life.

REVITALISATION PREMIUM: THE MOST ADVANCED LONGEVITY PROGRAM

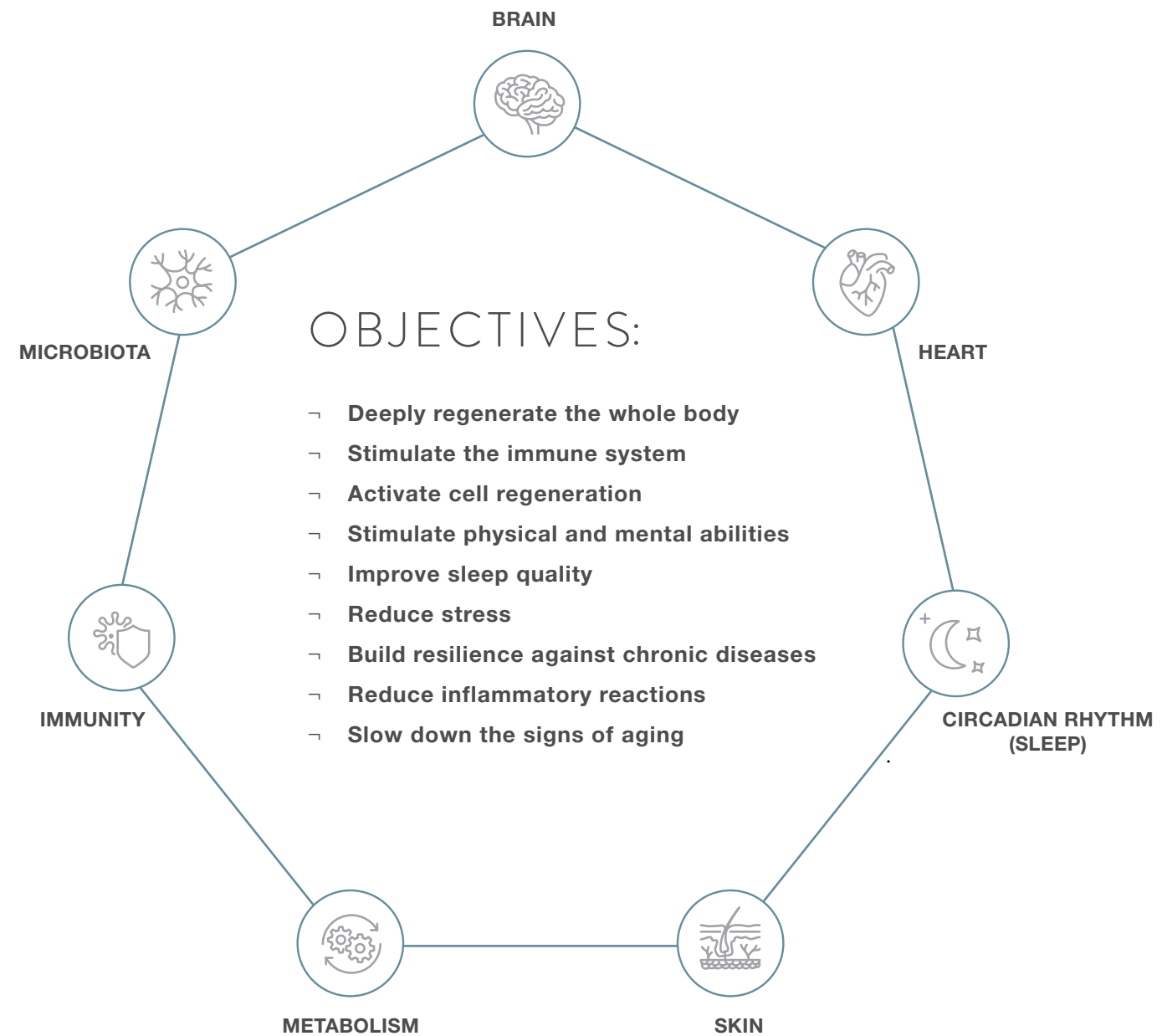
With Revitalisation Premium, Clinique La Prairie offers an unparalleled approach to longevity. Based on the Revitalisation program's powerful foundations (including CLP Extract) targeting cell regeneration and immune defenses, it enhances them with

A SUPER-TARGETED MEDICAL APPROACH TO DEEPLY REGENERATE THE BODY'S 7 KEY SYSTEMS AND FUNCTIONS: BRAIN, HEART, CIRCADIAN RHYTHM, SKIN, METABOLISM, IMMUNITY, AND MICROBIOTA.

All the systems in the human body are interconnected, and any imbalance affecting one of them is likely to affect the others. By treating these systems as a whole and taking into account the complex synergies that regulate the way they function, Revitalisation Premium offers a global approach with unique benefits.

In 7 days, with Clinique La Prairie's unique expert holistic vision of medicine, **Revitalisation Premium is the most comprehensive tailored longevity program.**

THE SCIENCE AND MEDICINE
PRACTICED AT CLINIQUE LA PRAIRIE
FOCUS ON THE WAY THE HUMAN
BODY FUNCTIONS TO FIGHT THE
CELLULAR AGING THAT BEGINS IN
ADULTHOOD.



REVITALISATION PREMIUM IS THE CULMINATION OF THE SCIENCE OF LONGEVITY WHICH HAS BEEN AT THE HEART OF CLINIQUE LA PRAIRIE'S WORK SINCE 1931.

Supervised by the clinic's medical staff, Revitalisation Premium is designed to regenerate all your body's vital systems and functions. The program includes two parts.

The first is dedicated to medical diagnostics:

A HIGHLY DETAILED MEDICAL EVALUATION: The evaluation includes a comprehensive list of examinations and analyses to objectively determine your physiological needs and identify deficiencies. Latest-generation medical imaging technologies are used in this phase.

A GENETIC TEST with predictions, specially developed for Clinique La Prairie. This test makes it possible to detect any potential problems affecting the body's systems and functions.

NUMEROUS MEDICAL EXPERTS WILL MONITOR YOU IN THIS PROGRAM:

A referring physician specialized in longevity, a cardiologist, a pulmonologist, a radiologist, a dentist, and a dietician.

Your health profile is established with precision, optimizing the benefits of Clinique La Prairie's therapeutic and holistic treatments.

The second part is focused on individualized regenerating treatments :

MEDICAL SUPPORT FOR YOUR BODY'S DIFFERENT FUNCTIONS, specifically identified by your doctor on the basis of your biological and physiological profile.

CLP REVITALISATION SCIENCE: CLP Extract, CLP Cellular Genomic, HP Cellular actif

"LONGEVITY" NUTRITION BASED ON AN ANTI-INFLAMMATORY APPROACH

EPIGENETIC EDUCATION to positively influence your genetic background through your lifestyle.

REJUVENATING WELLNESS AND MOVEMENT PLANS

DID YOU KNOW ?

The DNA test included in the REVITALISATION Premium program involves an analysis of genetic variants allowing personalized recommendations relating to detoxification capacities, capacities to eliminate free radicals, as well as assessing the risk of developing cardiovascular diseases, inflammatory illnesses, osteoporosis, iron deficiency and eye disease (AMD and glaucoma).

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 benefits. 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-CELLULAIRE ACTIF

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.

GLOBAL CLP LONGEVITY METHOD

Clinique La Prairie's entire program looks to reduce inflammation - one of the big-gest 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.



THE CLP MEDICAL APPROACH TO THE 7 SYSTEMS

THE INTERDEPENDENCE OF THE 7 KEY BODY SYSTEMS AND FUNCTIONS

BRAIN, HEART, CIRCADIAN
RHYTHM, SKIN, METABOLISM,
IMMUNITY, AND MICROBIOTA

The CLP approach to longevity is complex. It is not based on a single biological mechanism, but on a host of factors that potentially affect the various systems and parts of the body to differing degrees. Since all the organs in the body are interdependent, the specific holistic approach of the REVITALISATION Premium program makes it possible to potentiate the effectiveness of each treatment offered.

The immune system calls on a set of physiological processes provided by cells found in large numbers in the blood, bone marrow, lymph nodes, and tonsils, but also in the mucous membranes of the urinary, genital, respiratory, and digestive tracts. This means, for example, that there are strong interactions between the immune, nervous, and endocrine systems.

Similarly, the sleep-wake cycle, as well as the regulation of hunger and body temperature in particular, are governed by an internal clock, which in turn regulates other peripheral clocks located in the organs and tissues: the heart, lungs, etc. And recent research demonstrates that significant synergies exist. Typically, the quality of sleep is linked to that of the intestinal microbiota. And any disturbance in the balance between these different control systems can lead to symptoms such as fatigue, difficulty sleeping, cardiovascular and/or metabolic problems, etc.



FIND OUT HOW REVITALISATION
PREMIUM TREATS EACH OF
THESE SYSTEMS IN A TARGETED,
PROFOUND, AND HOLISTIC WAY.

DID YOU KNOW ?

Your immune system relies on two lines of defense: innate immunity and acquired (or adaptive) immunity. The first is somewhat instinctive: it's fast, generic, and memoryless. The second takes longer to set up. It includes a learning phase that allows your body to respond in a specific way to the aggressor and retain its memory, so that you can ward off any future attacks.



YOUR IMMUNE SYSTEM

The immune system relates to the body's ability to fight attacks that threaten its proper functioning. A weakening of your defenses increases the risk of inflammation, infections, and chronic diseases.

In Revitalisation Premium:

With a **complex set of therapies based on 90 years of research**, the program's "science of regeneration" deeply activates cell regeneration in your body and stimulates your immune defenses to slow down the effects of aging.

When you enter the first phase of Revitalisation, you receive the immune-therapeutic supplementation with biostimulant. These have a fundamental function: they optimize the next steps of the regenerating formulas.

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



YOUR HEART AND CARDIOVASCULAR FUNCTIONS

The heart is both an organ and a muscle that works like a pump to supply the whole body with blood. Its function means that it plays an essential role in the oxygenation of tissues, the transformation of nutrients into energy, and the elimination of cellular waste linked to blood circulation.

In Revitalisation Premium:

We carry out a complete evaluation of your cardiac and cardiovascular profile to exclude or identify any possible health problems in their early stages. In this evaluation, we examine all the determining clinical parameters: heart rate, heart's electrical activity, blood pressure, lipid levels in the blood, etc.

DID YOU KNOW ?

The evaluation of your mechanical and physiological heart function, at rest and stress, not only allows to anticipate or exclude any pathology, but also to adapt your diet.

Cardiovascular disease is often accompanied by metabolic disturbances that can be detected in the blood, but can be remedied by natural medicine.



YOUR METABOLISM

Metabolism is the physiological process by which the body burns calories to turn them into energy. Individual variability influences the body's tendency to gain weight or not, for example. Above all, the metabolism influences physical and mental wellbeing, and longevity as a result.

In Revitalisation Premium:

Our experts identify possible imbalances or metabolic disorders through extensive diagnostic examinations: blood and genetic tests, calorimetry, and bone densitometry, among others.

DID YOU KNOW ?

Broadly speaking, there are two types of metabolism:

Basal metabolism, which ensures the maintenance of the body's fundamental functions, such as its breathing, pulse and digestion.

Active metabolism, which corresponds to the increase in the body's energy needs as a result of physical activity.

DID YOU KNOW ?

The functioning of your internal biological clock is regulated by external factors, such as the alternation of day and night. Exposure to light causes the natural secretion of melatonin (a sleep-promoting hormone) at the end of the day. The study of these natural cycles is called chronobiology.



YOUR BRAIN FUNCTION AND SLEEP

The brain consumes up to 60% of the calories produced by metabolism. It monitors the body's vital functions through an internal clock responsible for **all natural biological cycles (known as circadian rhythms), including the sleep-wake cycle. A properly nourished brain** is a guarantee of good intellectual performance, health, and longevity.

In Revitalisation Premium:

We conduct a thorough overall assessment, particularly using magnetic resonance brain imaging (MRI), supplemented by an analysis of your sleep quality.

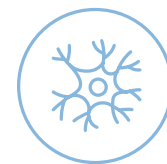
The program's nutrition method is based on anti-inflammation and neuro-nutrition, ideal for stimulating brain functions.

Anti-stress wellness treatments: from neurostimulation to deep massage and skin treatments to spiritual exploration, your stay will help you reduce the dangerous stress and anxieties of everyday life.



DID YOU KNOW ?

The Revitalisation Premium program also gives pride of place to probiotics, bacteria that are naturally present in the human body and which can be taken in the form of food supplements to strengthen your microbiota.



YOUR MICROBIOTA

The digestive system is home to some 10^{13} bacteria—at least as many cells as the human body contains. These micro-organisms work to support your wellbeing by regulating a number of physiological mechanisms: appetite, weight gain, vital energy, mood, sleep, fight against inflammatory reactions responsible for chronic symptoms, etc. Inseparable from the immune system, the microbiota is often referred to as the “second brain”.

In Revitalisation Premium:

Our exclusive treatments and nutri-genomic method strengthen your microbiota and help reduce inflammation associated with the onset of chronic conditions.

Your microbiota is restored and activated through a natural method designed by Clinique La Prairie. Our method combines various treatments and exclusive nutritional supplements, the benefits of which are compounded by the way they are combined.

To prolong the effects beyond your stay, the nutraceuticals protocol continue for one month.

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.



YOUR SKIN

Your skin is not just an outer shell. It has multiple functions: shielding against irritants, sensory touch organ, center of thermal regulation and vitamin D production.

In Revitalisation Premium:

Carefully selected and combined through an analysis of your skin, Clinique La Prairie's wellness treatments for the face and body act synergistically on cell renewal, blood circulation and oxidative stress. Your skin is deeply purified and revitalized.

You begin a new life, with an immune system, a body and a mind that are stronger than ever. You have been regenerated, rejuvenated. Along with the power of Revitalisation, our medical experts have put you on the path to longevity. You go home with a whole set of tools and habits to live.

CLINIQUE LA PRAIRIE REVITALISATION PREMIUM INCLUDES:

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

ADVANCED LONGEVITY MEDICAL TECHNOLOGIES, DIAGNOSIS, CONSULTATIONS AND PERSONALIZED TREATMENTS

- ↪ Longevity consultations
- ↪ Medical assessments and week-long follow-up by your leading physician
- ↪ Advanced medical check-up: laboratory analyses, an abdominal ultrasound, a CT Scan scan with calcium score, a dental panoramic, MRI precerebral and cerebral
- ↪ One cardiovascular assessment: a stress test, an electrocardiogram, a cardiovascular risk score and a consultation with the cardiologist
- ↪ One sleep quality test and consultation with the pulmonologist
- ↪ Better Aging DNA test and report, exclusively created for our program by GenePredictis Labs
- ↪ Epigenetic test and assessment
- ↪ DNA microbiota assessment
- ↪ One calorimetry
- ↪ Dental check-up
- ↪ Body composition test
- ↪ Vitamin/essential therapy injection based on lab results
- ↪ Three sessions of revitalizing antioxidant injections
- ↪ One anti-aging skin & aesthetic consultation

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.

CUTTING-EDGE SCIENCE TO COMPLETE THE REVITALIZATION, AND ANTI-INFLAMMATORY APPROACH

- ↪ CLP Cellular Genomic Revitalisation FFS1-5 Activator: one-month cure treatment of 5 activator supplements developed to enhance the program's effects on body, brain, sleep and microbiota
- ↪ Daily booster of HP-Cellular Active
- ↪ Immuno-therapeutic supplement
- ↪ CLP probiotics and booster cures treatments

NEURONUTRITION

- ↪ One consultation to develop a personalized nutritional plan based on medical results and lifestyle
- ↪ Private “Unlocking Longevity” nutrition workshop
- ↪ Guidance from a dietician at every meal to help make the right food choices
- ↪ Daily CLP Swiss herbal infusions featuring stimulating properties for the immune system
- ↪ Healthy CLP menus, full board

WELLBEING

- ↪ One session of neuro-wave stimulation
- ↪ One revitalizing signature massage
- ↪ One anti-aging facial treatment by Swiss Perfection
- ↪ Relaxation session: mix of different techniques: hypnosis, cardiac coherence and sophrology

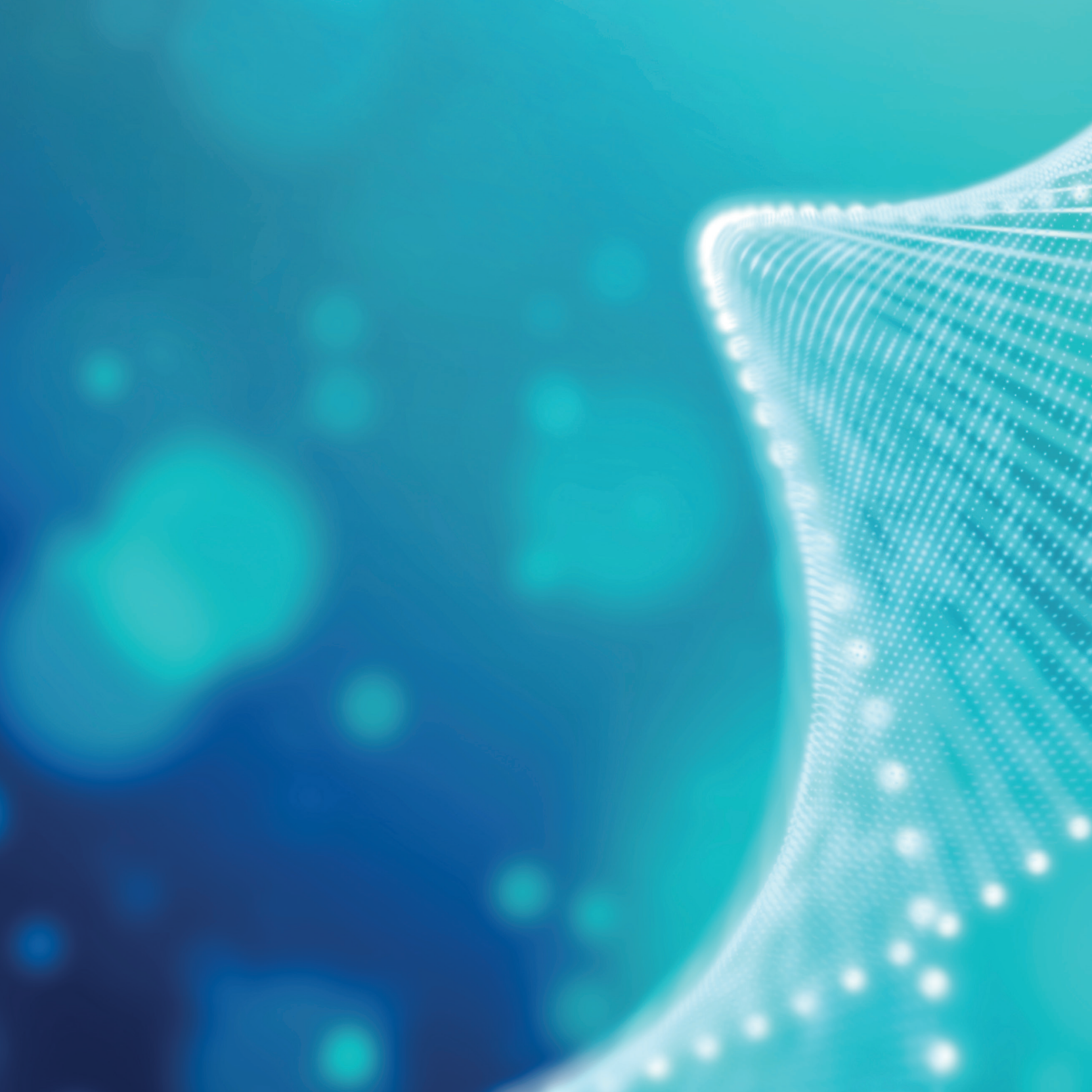
MOVEMENT

- ↪ A personal fitness assessment
- ↪ A training session based on your assessment
- ↪ Outdoor activity with a coach (upon request)

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 47'250 CHF

The program is recommended from the age of 35.



REVITALISATION
PREMIUM UNLOCK
THE SECRET
OF LIVING



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