

CLINIQUE
LA PRAIRIE

SWITZERLAND

BRAIN
HEALTH

WELCOME TO THE ULTIMATE COGNITIVE UPGRADE

THE WORLD'S MOST
ADVANCED BRAIN
ENHANCEMENT PROGRAM



UNLOCK THE SECRET OF LIVING

The secret of how to live a longer, healthier and fuller life is mystery to many. But not to us. Our exclusive clientele comes to Clinique La Prairie to experience a pioneering fusion of exceptional healthcare, science and holistic wellness, combined with luxury hospitality.

In 1931 in Montreux-Clarens, a stunning location between the Swiss Alps and the pristine shores of Lake Geneva, Dr Paul Niehans developed a cellular therapy with spectacular results to slow down the aging process. Since then, Clinique La Prairie has established an international reputation as the Swiss destination for longevity and wellbeing. Our holistic approach to preventive medicine is supported by the 50 leading specialists of our medical center, aiming at fulfilling the physical, psychological and emotional needs of our guests. Our signature Revitalisation program, as well as our series of medical, wellbeing and beauty programs are carefully crafted by handpicked doctors and therapists devoted to enticing life to its fullest potential.

Feeling good and luxuriating in a range of exclusive treats is an essential part of rebalancing your energy. Clinique La Prairie's rooms and suites offer the most refined escape, with 5-star hotel services. Designed for a multi-sensory experience over its 1600m², the award-winning spa features a collection of high-tech and traditional therapies, promising result-focused treatments, relaxation and enjoyment. Clinique La Prairie's nutrition fuels a life of health and vitality. Throughout the week, our team of 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.

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 aims at rejuvenating body and brain, slowing cellular senescence 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™

GENETICS

EPIGENETICS

Nutrition, Movement, Wellbeing, Medical Insights

To lower
INFLAMMATION

And boost
IMMUNE SYSTEM

Slowing down the process of
CELL SENESCENCE

Reduce chances of
CHRONIC DISEASES

Clinique La Prairie longevity method™ 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.

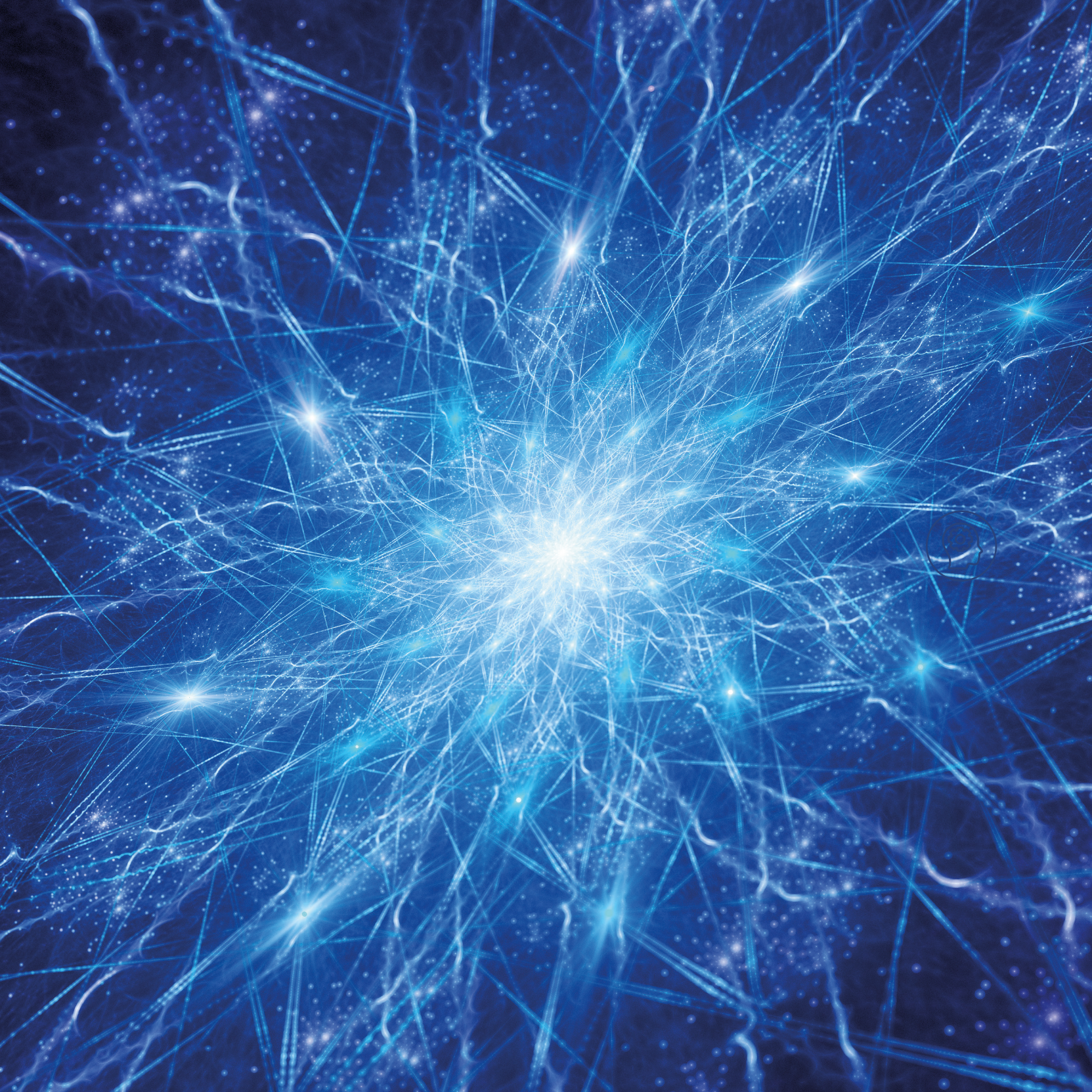
UNLOCK YOUR BRAIN'S FULL POTENTIAL

Welcome to our Brain Health program. In today's fast-paced world, where demands on our cognitive abilities are higher than ever, performance and longevity depend on good brain health. This program focuses on optimizing brain functions, enhancing cognitive health, stress-management, and promoting overall mental wellbeing.

A TRULY HOLISTIC APPROACH BASED ON OUR 4-PILLARS PHILOSOPHY OF MEDICAL CARE, NUTRITION, MOVEMENT AND WELLBEING

The Brain Health program applies science-based assessments and treatments across the four pillars. By doing so, it regulates neuronal senescence and neuroinflammation, reduces neural oxidative stress, and aims to slow cognitive decline, improve brain performance, control stress and sleep, build cognitive resilience, and help the gut-brain axis.

But how will it help you flourish physically, mentally, emotionally and socially?



MEDICAL PILLAR



↳ BRAIN FUNCTIONS AND COGNITIVE ASSESSMENT

The Brain Health program begins with a medical assessment. This includes:

- ↳ Longevity consultations with medical specialists.
- ↳ A cardiovascular assessment consists of a consultation with a cardiologist, a stress test, an electrocardiogram, and a cardiovascular risk score.
- ↳ A laboratory-based brain assessment consisting of tests for inflammatory blood markers, complete fatty acids profiling, and a heavy metals screening.
- ↳ A mental and cognitive assessment that includes a psychologist consultation and a 'cognifit' assessment, providing a continuous cognitive training plan to take home.

MOLECULAR ASSESSMENT

The next stage features the Brain Genetic assessment

Specially developed for Clinique La Prairie, this detects any potential problems affecting the brain's systems and functions. It measures several factors. These include the risk of stroke and chronic inflammation, quality of sleep and memory, levels of oxidative stress and of vitamins required for a healthy brain function, as well as substance metabolism (the metabolic breakdown of drugs by the body).

PERSONALIZED GUT HEALTH SOLUTIONS

NEXT GENERATION TECHNOLOGY TO UNLOCK YOUR GUT HEALTH

Potential

Our DNA Microbiota screening is the first complete DNA intestinal microflora analysis — a cutting-edge tool for improving gut health. Next Generation Sequencing (NGS), the most advanced method available for analyzing microbial DNA, and expert bioinformaticians provide our guests with a roadmap to their health goals.

They receive a bespoke treatment plan. This comprises one month of high-precision, analytics supported dietary symbiotic supplements — probiotics and prebiotics — and personalized nutritional recommendations from a Clinique La Prairie expert.

EPIGENETIC STRESS TESTING

You will also undergo an Epigenetic Stress test and an Allostatic Load Epigenetic test. These help evaluate the impact of chronic stress on your body.

Stress is a natural physiological and psychological response to challenging situations and is crucial for our survival mechanisms, notably the “fight or flight” response.

However, when we consistently experience significant stress, whether personal or professional, it can affect our health and wellbeing. Prolonged states of stress can be precursors to myriad health complications, from cardiovascular and metabolic diseases to mental health problems.

So, what's an epigenetic measurement of stress?

Your personal Epigenetic Stress Profile offers a clear measure of how chronic stress affects you physiologically and psychologically. Your unique score divides the effects into four pivotal health areas: cardiovascular, metabolic, immune, and mood and stress response.

You and your healthcare provider can use this information to cultivate a proactive approach to your overall wellbeing by mitigating the adverse effects of stress.



LONGEVITY HERBAL INFUSION

Gentle repair is delivered by a science-based herbal tea blend, carefully selected to promote body healing and fight inflammation. This therapeutic and holistic mix makes teatime a truly regenerative and health-inducing moment that seamlessly transitions to your evening nutraceutical regimen.

NUTRITIONAL PILLAR

↳ BRAIN HEALTH THROUGH DIET



Neuro nutrition is a specialized approach to nutrition that focuses on brain function and cognitive health. It emphasizes the role of specific ingredients, vitamins and minerals in promoting mental clarity, concentration, and overall neurological well-being.

Clinique La Prairie's experts use neuro-nutritional science to assess and advise on your diet, including dietary recommendations, supplements and lifestyle strategies, to nourish and protect your brain.

CLINIQUE LA PRAIRIE NUTRITION INDEX

THIS SYSTEM, UNIQUE TO CLINIQUE LA PRAIRIE, GIVES A NON-INVASIVE NUTRITIONAL ASSESSMENT OF FOUR NUTRITIONAL FUNCTIONS.

• **Energy and homeostasis** — Resting metabolic rate, muscle mass, abdominal fat, BMI, and physical activity.

• **Toxicity and clearance** — Heavy metals/micronutrients, tobacco habits, alcohol habits, coffee intake, red meat consumption, and fruit/vegetable intake.

• **Support of internal rhythms** — Sleep, alcohol habits, coffee habits, menopause or andropause, and water intake.

NATURAL NUTRACEUTICALS

Daily Protect Complex

Clinique La Prairie's Daily Protect Complex Treatment is an advanced nutraceutical formula designed specifically to protect cells and enhance brain function, with a focus on cognition, antioxidant defence, anti-inflammatory potential, metabolic support, adaptive, and stress release. This blend of powerful plant extracts and bioactive compounds supports the body's performance throughout the day.

Daily Sleep and Relaxation Complex

Sleep and relaxation are vital to brain health. Clinique La Prairie's Daily Sleep and Relaxation Complex Treatment contains a broad spectrum of sleep-modulating and calming plant extracts that addresses the brain's complex sleep mechanisms, adaptogenic and relaxation-inducing processes. This nutraceutical blend triggers actions in the brain that lead to a profound sense of physical and mental relaxation, by restoring sleep homeostasis and biological rhythms.

Ultimate Nootropic Blend

Our Ultimate Nootropic Blend is the first comprehensive and science-based nootropic formula with ingredients that exclusively promote brain health. They support, modulate and enhance your cognitive performance and neuronal protection, and build the body's resilience to physical and mental stresses — and, consequently, aid physical performance and recovery.

CELLULAR GENOMIC BRAIN HEALTH

Another health complex unique to Clinique La Prairie, it's carefully developed to achieve the optimum daily dose for cognitive enhancement, restoration of circadian rhythms and homoeostasis. It comprises three specifically-focussed nutrigenomic dietary supplements that work in synergy.

- **Cellular Genomic BH I – for Gut-Brain Axis Health**

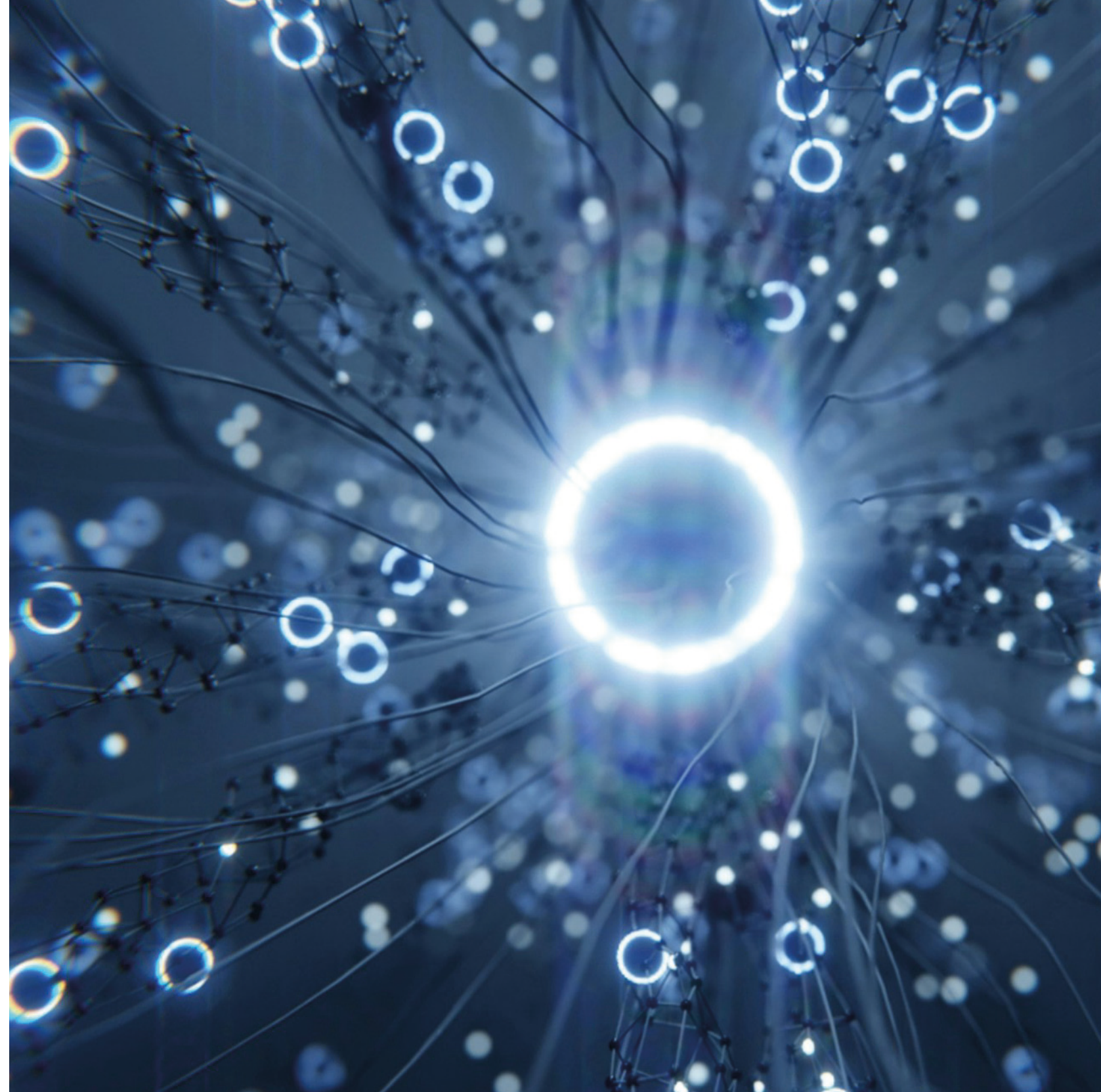
This supplement repairs, restores, and consolidates your intestinal integrity and microfloral balance, benefitting the gut-brain axis.

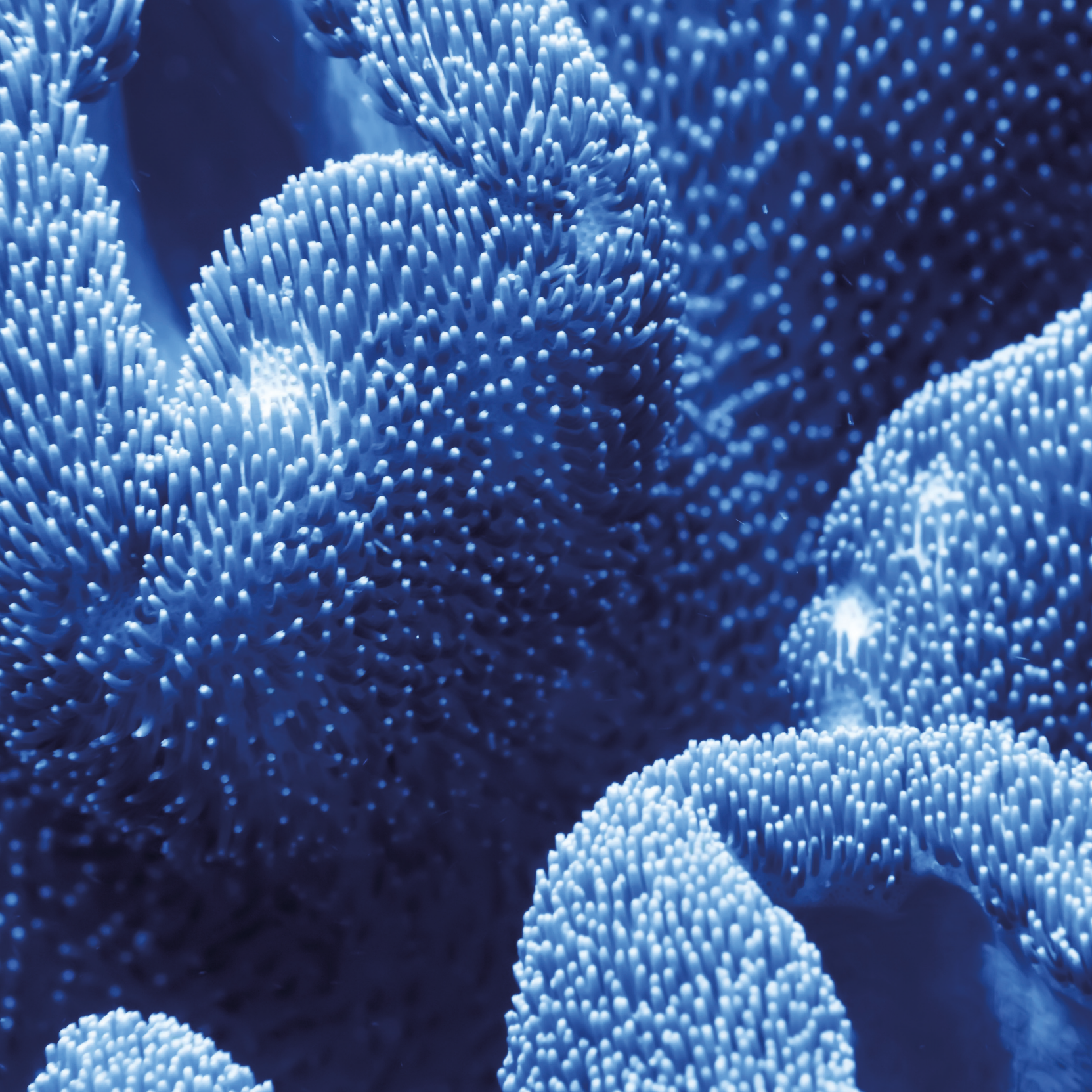
- **Cellular Genomic BH II – for Cognitive Enhancement**

This supplement provides neuronal protection and cognitive enhancement.

- **Cellular Genomic BH III – for Circadian Rhythm and Balance**

This supplement promotes neuronal health, cognitive homoeostasis and supports sleep mechanisms.





MOVEMENT PILLAR

- A HEALTHY BODY FOR A HEALTHY MIND



Mens sana in corpore sano — *“a healthy body can sustain a healthy mind”* This phrase has held true for centuries, which is why Clinique La Prairie emphasizes physical fitness as part of the Brain Health program.

This fully-personalized element of the program provides Move & Focus sessions with sensory and perceptual training tools that enhance both athletic performance and cognitive ability, including vision, reaction time and coordination.

You will also participate in neuro-physical training, hypertensive muscle training, and a breathing session with a diving expert. Slow breathing is the easiest way to combat stress, anxiety and insomnia.



WELLBEING PILLAR

– MIND & BODY-FOCUSED WELLNESS



Most innovative technology in sound therapy

Audiovitality®: This Swiss welltech innovation improves your brain health using sounds and their vibrations. The non-invasive but in-depth stimulation of your organs, tissues and cells has multiple benefits: improved well-being and longevity, reduced stress, deep relaxation, reduced fatigue, greater energy and motivation, and improved sporting performance and recuperation.

Cold Therapy

Cryotherapy: The medical use of cold temperatures — has a positive effect on our emotions, particularly stress, by releasing endorphins through the hypothalamus (the brain's 'control center' that keeps our body in homeostasis). Endorphin release plays a central role in regulating mood and improving well-being.

Signature Massage

Chi Nei Tsang massage: Traditional Taoist abdominal massage that enhances Chi vitality in the organs by unblocking your energy flow, resolving physical and energetic tension as well as emotional blocks.

CLINIQUE LA PRAIRIE BRAIN HEALTH PROGRAM INCLUDES:

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

LONGEVITY BRAIN MEDICAL TECHNOLOGIES AND CONSULTATIONS

- Longevity consultations
- Medical check-up: advanced lab test, chest x ray, abdominal ultrasound
- MRI cerebral – analysis of brain morphology
- Cardiovascular assessment: an exercise test, an electrocardiogram, a cardiovascular risk score and a consultation with a cardiologist
- Cognitive assessment and stimulation: test, expert-led training sessions during stay and continued in a follow-up plan
- Optimal brain functions DNA screening
- Epigenetic stress test
- Next generation technology to unlock your gut health potential
- Ultimate nootropic blend

CUTTING-EDGE SCIENCE EXCLUSIVE CLP BRAIN HEALTH FORMULAS

- CLP Cellular Genomic Brain Health
- HP Cellular Active

NEURO-NUTRITION

- Dietician coaching to develop a personalized nutritional plan based on medical results and lifestyle-
Nutritional index assessment
- Neuronutrition workshop
- Longevity Herbal infusion
- Daily protect complex treatment
- Daily Sleep & Relaxation complex treatment
- Healthy CLP menus, full board

MIND-FOCUSED WELLNESS FOR BODY AND MIND

- Five sessions session of AudioVitality® – most innovative technology in sound therapy
- One cryotherapy session
- One anti-aging facial treatment
- One Rebalancing body exfoliation
- One Chi Nei Tsang massage

MOVEMENT

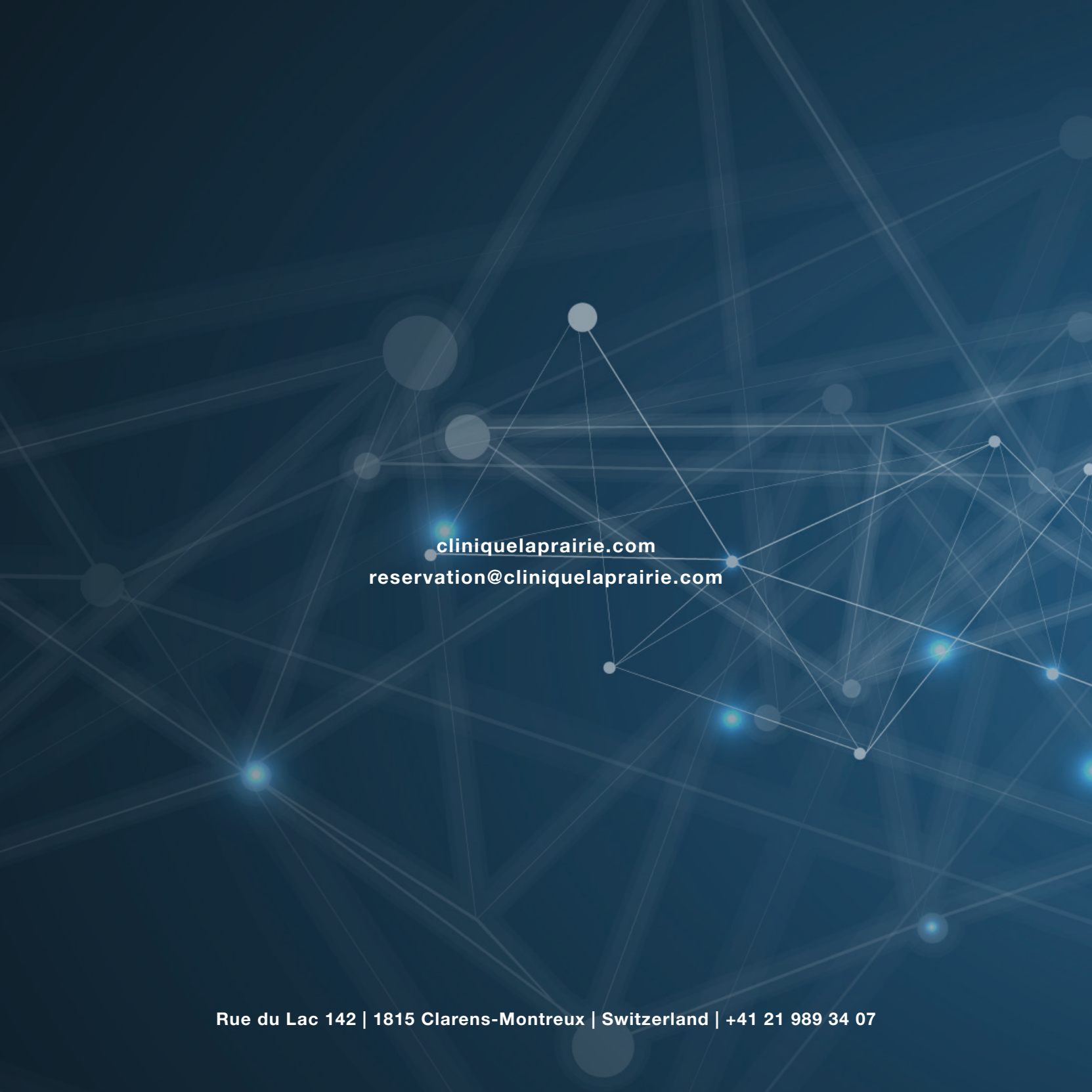
- One assessment with your personal coach using movement lab technology analysis
- Two Personalized Moving & Brain sessions
- One breathing session

FOLLOW-UP

- Cognitive – brain stimulation sessions follow-up

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.

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