

BRAIN POTENTIAL
PROGRAM

CLINIQUE
LA PRAIRIE

SWITZERLAND

THE WORLD'S MOST ADVANCED
BRAIN ENHANCEMENT PROGRAM

THE BRAIN POTENTIAL PROGRAM

Welcome to our Brain Potential 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, stressmanagement, and promoting overall mental wellbeing.

A truly holistic approach based on our 4-pillars intervention of medical care, nutrition, movement and wellbeing.

The program appliesscience-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 and emotionally?



A NEW FRONTIER IN COGNITIVE ADVANCEMENT AND REJUVENATION

Resulting from a 2-years collaboration with CHUV, the Neuroimaging Lab of Lausanne, the Brain Potential program is the first comprehensive longevity program worldwide addressing brain aging.

It aims at protecting and boosting brain health by focusing our efforts and longevity expertise on five science-based and modifiable lifetime components: nutrition, physical activity, sleep, cardio-vascular health, and Immune health.

YOUR HEALTH BENEFITS

PRESERVE BRAIN PERFORMANCE

- Maintains sharpness and mental agility
- Supports long-term neurological health
- Protects against cognitive fatigue
- Sustains focus and clarity

BOOST COGNITIVE FUNCTIONS

- Enhances memory and recall
- Elevates concentration and processing speed
- Sharpens decision-making
- Promotes mental clarity and alertness

DELAY COGNITIVE DECLINE

- Slows age-related memory loss
- Supports neuroplasticity and resilience
- Promotes youthful mental function
- Preserves clarity through aging

REDUCE NEURAL OXIDATIVE STRESS

- Shields neurons from free radical damage
- Protects brain cells from premature aging
- Enhances cellular energy in the brain
- Supports a calm, balanced mind

OUR EXCLUSIVE SCIENTIFIC SOLUTIONS

From Clinique La Prairie to you

CLP Daily Protect Complex Treatment

Advanced nutraceutical formulation specially designed to provide cellular protection and overall functional enhancement, with a focus on cognition, antioxidant defence, anti-inflammatory potential, metabolic support, adaptive, and stress release action. An effective blend of powerful plant extracts and bioactive compounds to support the body's dynamics during the course of the day, with strong focus on functional performance. *Only available at Clinique La Prairie.*

CLP Daily Sleep & Relaxation Complex Treatment

Advanced nutraceutical formulation with large spectrum of sleep-modulating and calming plant extracts to cover the complexity of sleep mechanisms, adaptogenic and relax-inducing processes. This formula is designed to trigger immediate brain level action with a profound sense of physical and mental relaxation, by restoring sleep homoeostasis and biological rhythms. *Only available at Clinique La Prairie.*

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. *Only available at Clinique La Prairie.*

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 homeostasis. It comprises three specifically-focussed nutrigenomic dietary supplements that work in synergy. *Only available at Clinique La Prairie.*





DISCOVER
THE PROGRAM

MEDICAL PILLAR

BRAIN FUNCTIONS AND COGNITIVE ASSESSMENT

The program begins with a medical assessment. This includes: specialist consultations to support long-term health, a full cardiovascular check (cardiologist consultation, stress test, ECG, and risk score), and a psychology session using cardiac coherence therapy. A brain health screening is also carried out through blood tests for inflammation markers, fatty acids, and heavy metals—providing key insights into cognitive function.

Mental & cognitive assessment and training

For a comprehensive cognitive approach from assessment to follow-up, using a personalized brain training method, known for its scientifically proven benefits, is also integrated.

- **Assessment:** Capture your cognitive profile, analyze each aspect of your cognitive health, and tailor exercises to help improve weaker skills.
- **Intervention:** An individualized brain training regime designed to bring about several benefits:
 - » Improved memory recall
 - » Enhanced executive function
 - » Increased visuospatial function and processing speed
 - » Improved focus and concentration
 - » Lowered risk of age-related cognitive decline
- **Follow-up:** A comprehensive report from our expert in brain health, complete with personalized explanations and a detailed training regimen designed for you to seamlessly continue at home.

Mental & cognitive assessment and training

Data taken from magnetic resonance imaging (MRI) is processed by our exclusive neuroimaging software to measure:

- **Brain volumetry:** Changes in brain volume are valuable biomarkers of a person's clinical state.
- **White matter hyperintensities:** (WMHs) are brain white matter lesions that, in larger volumes, have been associated with brain atrophy and cognitive decline.



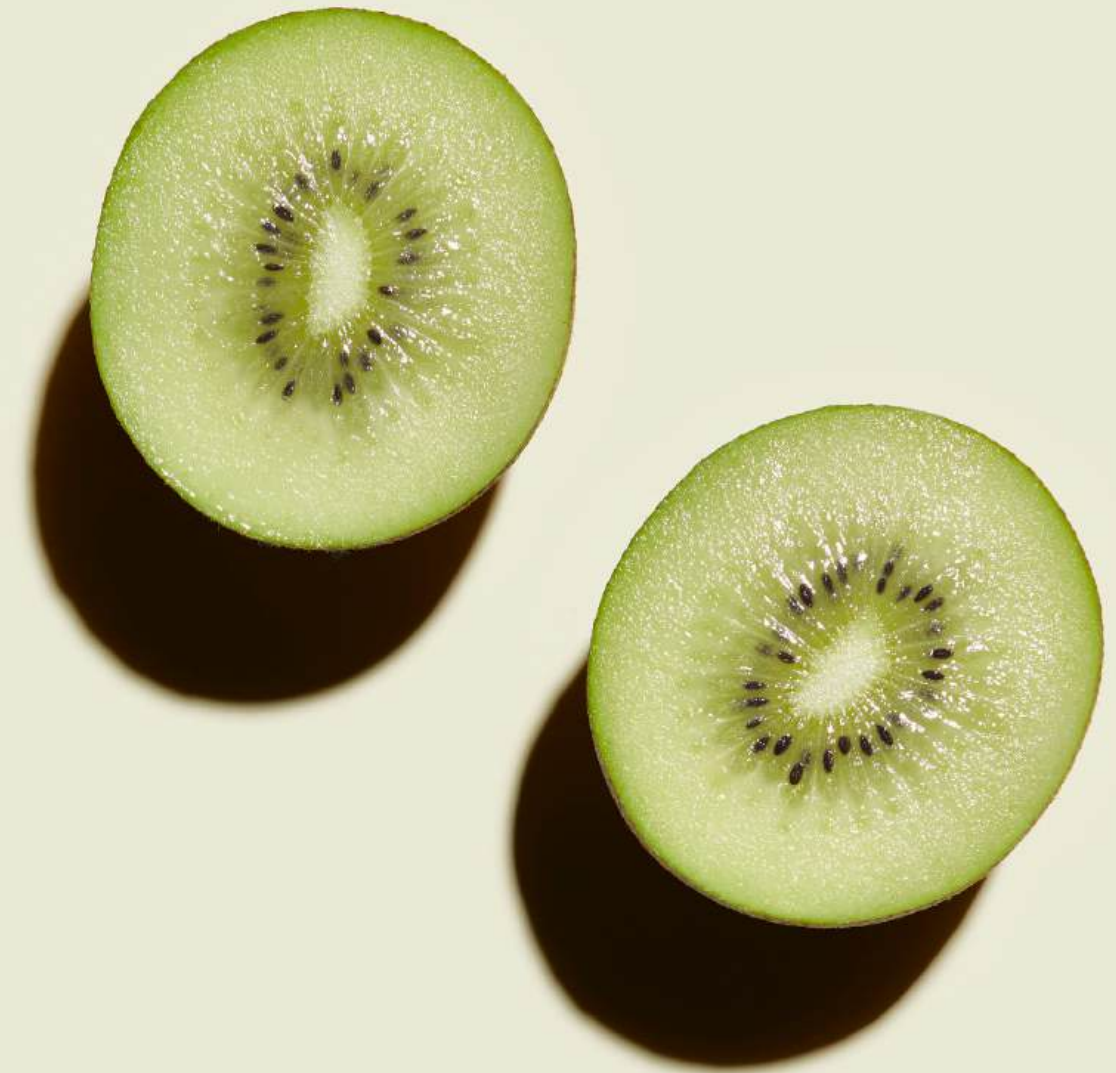
DISCOVER THE PROGRAM

NUTRITION 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 wellbeing.

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



— *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.

DISCOVER THE PROGRAM

WELLBEING PILLAR

MIND & BODY-FOCUSED WELLNESS

Mental wellbeing assessment

This clinically validated method has been developed to interconnect sleep, stress, happiness, skin and pain. This method delves deeply into perceived stress, the state of happiness, and subjective wellbeing to comprehensively assess both mental and physical wellbeing.

Audiovitality® – Sound therapy

This Swiss welltech innovation maximizes your body's potential using proprietary sounds and their vibrations. The non-invasive but in-depth stimulation of your organs, tissues and cells leads to both physiological and neurophysiological benefits such as reduced stress and deeper relaxation, better sleep and enhanced concentration and improved sport performance and faster recovery (HRV).

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.



DISCOVER THE PROGRAM

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 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, hyperintense muscle training, and a breathing session with a diving expert. Slow breathing is the easiest way to combat stress, anxiety and insomnia.



DESCRIPTION OR THE PROGRAM

— LONGEVITY BRAIN MEDICAL TECHNOLOGIES AND CONSULTATIONS

- » **LMA:** Advanced laboratory tests
- » **LMA:** Precision Longevity – Clinique La Prairie exclusive Gene Aging DNA Test
- » **LMA:** Glycans screening, exclusively available at Clinique La Prairie
- » **LMA:** Ceramides screening, exclusively available at Clinique La Prairie
- » Longevity consultations and week-long follow-up by your leading physician
- » Chest CT scan with calcium scoring**
- » Brain MRI – analysis of brain volumetry and morphology (*For patients after 40 years – brain MRI with Quantib method, for patients younger than 40 years – classic brain MRI*)**
- » One brain specialist consultation
- » A cardiovascular assessment, including:
 - Consultation with the cardiologist
 - Stress test
 - Electrocardiogram
- » Cognitive assessment and stimulation: test, expert-led training sessions during stay and continued in a follow-up plan
- » One psychology session – stress management with cardiac coherence therapy

— CUTTING-EDGE SCIENCE

- » CLP Cellular Genomic Brain Health
- » HP Cellular Active

— NEURO-NUTRITION

- » **LMA:** One Nutrition Index Assessment, a CLP proprietary tool that provides unique insights into your nutritional strengths as well as your potential areas of improvement
- » **LMA:** DNA microbiota test and probiotic cure based on the results, discussed with the nutritionist during a remote follow-up consultation after the stay
- » One private “Neuro-nutrition” workshop
- » One “Unlocking Longevity” consultation to develop a personalized nutritional plan based on medical results and nutrition index assessment
- » Exclusive CLP Daily Protect Complex Treatment
- » Exclusive CLP Daily Sleep & Relaxation Complex Treatment
- » Exclusive CLP Daily Ultimate Nootropic Blend Treatment
- » Exclusive CLP Daily Longevity Herbal Infusions
- » Anti-inflammatory Clinique La Prairie menus

— MIND-FOCUSED WELLNESS FOR BODY AND MIND

- » **LMA:** One Wellbeing Index Assessment, aimed at evaluating both physical and mental wellbeing
- » Four sessions of AudioVitality® – the most innovative technology in sound therapy
- » One Facial treatment by La Prairie
- » One Rebalancing body exfoliation – skin renewing and relieving treatment & microbiota recovery treatment*
- » One Chi Nei Tsang massage – skin anti-inflammatory treatment*

— MOVEMENT

- » **LMA:** One Movement Index Assessment, to comprehensively evaluate physical functionality, neuro-muscular health and mobility, to ultimately optimize longevity through targeted exercise
- » One Personalized Moving & Brain session
- » One breathing session with moonbird device for breathing protocol
- » One outdoor hiking activity

— FOLLOW-UP

- » Brain stimulation sessions follow-up

Information about the program

Duration: 7 days, 6 nights (arrival on Sunday, departure on Saturday), luxury accommodation, full board.

Notes: 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 28,400 CHF (superior room)

*CLP proprietary scientific solutions

**These examinations will be carried out only after initial evaluation with your referring doctor and based on your age, medical history and overall health status.

A TRANSFORMATIVE
EXPERIENCE

CLINIQUE
LA PRAIRIE

SWITZERLAND

Clinique La Prairie
Rue du Lac 142 – 1815 Clarens-Montreux, Switzerland

+41 21 989 34 07
reservation@cliniquelaprairie.com