

*LIFE RESET*  
PROGRAM

CLINIQUE  
LA PRAIRIE

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SWITZERLAND



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*THE WORLD'S MOST ADVANCED PROGRAM*  
FOR MENTAL WELLBEING AND LONGEVITY

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# LONGEVITY REDEFINED

## *A NEW APPROACH TO EMOTIONAL AND MENTAL WELLBEING, A KEY DRIVER OF LONGEVITY*

Wellbeing is undergoing a profound transformation. What was once seen as a moment of rest or retreat is now recognized as a lifelong pursuit – essential to performance, resilience, and healthy aging. Around the world, people are redefining what it means to live well, seeking more than temporary relief: they are looking for ways to restore balance, clarity, and inner strength at their very core.

Yet the demands of modern life often pull us in the opposite direction. Constant connectivity, high expectations, and a culture of acceleration leave little space for recovery. Fatigue, stress, and emotional imbalance have become silent companions of achievement. In this landscape, prevention has become the new aspiration – not waiting to feel unwell, but actively cultivating the foundations of mental and emotional wellbeing.

Life Reset was created as a response to this shift: a science-based, clinically guided program that treats wellbeing as a biological asset and a key driver of longevity. By addressing the many interconnected dimensions that influence our wellbeing – from sleep and stress resilience to cognitive clarity and vitality – it offers a new model of renewal, one that restores not only energy, but a lasting sense of alignment and purpose.



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## THE SCIENCE OF WELLBEING

Born from decades of longevity expertise and two years of scientific research, Life Reset is the first program ever conceived to treat **wellbeing as a complete, interconnected system** – one in which every element influences another, creating powerful cascading effects across mind and body.

At its foundation lies **The Nine Hallmarks of Mental Health and Wellbeing**, a scientific framework developed by Clinique La Prairie's Innovation Department and Independent Scientific Committee. This pioneering paper marks a turning point in the understanding of emotional and mental wellbeing: for the first time, it is mapped as a living network of biological, cognitive, and emotional factors that together shape how we think, feel, and age.

### **Life Reset invites you to explore this science within yourself**

Through a sequence of assessments and therapies designed to restore the body's natural coherence, you will gain a deeper understanding of what drives your balance – and how to strengthen it. It is a journey inward: to quiet the mind, renew inner clarity, and rebuild the resilience that allows you to thrive with lasting vitality and purpose.



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## A JOURNEY OF RESET

Life Reset is designed as a progressive, science-guided transformation that restores and rebuilds wellbeing from within. Every element of the program follows a precise sequence that allows the body and mind to release tension, restore coherence, and awaken new levels of clarity and resilience.

Your experience unfolds through **four stages – Release, Reset, Reconnect, and Renew** – each one activating the next in a dynamic process of regeneration. This structure is what makes Life Reset unique: a journey that brings measurable harmony to the body’s interconnected systems while restoring emotional steadiness and inner strength.

**Together, these four stages guide you on a transformative path – not only restoring balance, but unlocking the capacity to thrive with clarity, energy, and purpose. Life Reset goes beyond recovery: it is about transforming exhaustion into strength, confusion into clarity, and stress into resilience.**

This process doesn’t end when your stay does. It sets in motion a lasting recalibration – one that continues to support your focus, emotional health and mental wellbeing long after you return to your daily life.

## YOUR HEALTH BENEFITS

### ***RELEASE***

#### **STRESS & TENSION**

- Ease chronic stress
- Stabilize mood and emotional balance
- Relieve hidden strain on body systems
- Regulate nervous system harmony

### ***RECONNECT***

#### **SELF & PURPOSE**

- Realign with inner purpose
- Cultivate a deep sense of calm and inner connection
- Strengthen meaningful connections
- Elevate joy and emotional clarity

### ***RESET***

#### **BODY & MIND**

- Unlock profound inner healing
- Rebuild deep, restorative sleep
- Rebalance gut, immune, and heart health
- Reduce silent inflammation

### ***RENEW***

#### **ENERGY & VITALITY**

- Boost cellular energy & vitality
- Enhance balance & emotional potential
- Build resilience for lasting longevity
- Deep personal transformation



A minimalist interior scene featuring a white wall, a window with blinds, and a grey chair. The text is centered on the wall.

*DISCOVER YOUR*  
LIFE RESET JOURNEY

# MONDAY

## *FOUNDATIONAL RELEASE*

Your journey begins with grounding – a deliberate pause to calm the mind and prepare the body for renewal. The day opens with the Longevity Master Assessment, Clinique La Prairie’s most advanced evaluation of key longevity drivers, exploring biochemical, cardiovascular, and cognitive markers that define the foundations of health and vitality. It sets the scientific baseline from which your transformation unfolds.

As wellbeing begins to return, mental health coaching offers space to release emotional tension and restore clarity of thought. Guided by expert practitioners, these sessions draw on mindfulness-based methods and cognitive techniques to help you recognize emotional patterns, build adaptive responses, and cultivate resilience. Through guided reflection, you begin to reconnect with your inner rhythm and sense of purpose.

Later, neuroacoustic therapy uses precision sound and vibration frequencies to harmonize the nervous system. As body tissues and neural pathways are stimulated, you experience deep relaxation, improved focus, and a gentle quieting of the mind – a physical release that mirrors emotional calm. Gentle movement rounds out the day, stimulating circulation and grounding energy.

*You end the day feeling lighter, more centered, and quietly aware of the calm that begins to unfold within.*



# TUESDAY

## *INNER RESET*

The second day focuses on restoring coherence between body and mind. With the body now more receptive, each experience deepens your capacity to reconnect with calm energy and inner clarity. The day opens with the first phase of the 3-Phase Meditation Protocol, introducing mindful awareness as a tool to quiet the mind, regulate breath, and stabilize emotions. This progressive approach builds the foundation for lasting mental clarity and balance.

Physical harmony follows through body realignment and targeted movement, designed to release muscular tension and support posture, flexibility, and flow. As your system resets, you begin to feel greater mental clarity, steadier breathing, and lighter physical energy – a sense of inner order slowly returning.

*You end the day clear-headed, grounded, and gently energized, as body and mind begin to move in unison once again.*



# WEDNESDAY

## *MIND-BODY RECONNECTION*

Midweek marks the turning point from reflection to reconnection. Immersed in the stillness of the Swiss landscape, you step into the Nature Immersion Experience – a half-day journey through forest and mountain paths that awakens the senses and quiets mental noise. Guided foraging, aromatherapy, fascia stretching, and breathwork open new channels of perception and ease deep physical tension, mirroring nature’s own rhythm of renewal.

Later, you deepen this awareness through guided breathwork, learning advanced techniques that optimize oxygen flow, calm the nervous system, and bring equilibrium to body and mind. Nutritional guidance expands your understanding of how food, mood, and vitality are intimately linked. Each moment encourages you to inhabit your body more fully and listen with renewed attention.

*You end the day with a calm mind and open heart – reconnected to nature, to balance, and to the quiet strength within yourself.*



# THURSDAY

## *DEEP RENEWAL*

As you enter the final stretch of your transformation, energy begins to rise from within. The day unfolds as a powerful renewal – a synthesis of clarity, focus, and vitality. Advanced breathwork enhances oxygenation, bringing alertness and balance to both brain and body, while training you to regulate emotional energy through conscious breathing.

With increased stability, Audiovitality® therapy deepens this awakening through proprietary sound and vibration frequencies that realign internal systems, stimulate neural pathways, and foster deep physiological coherence. The result is a state of focused calm – where vitality and serenity coexist.

A personal movement session strengthens endurance and posture, anchoring the renewed energy into the body. The meditation practice continues into its second phase, deepening mental stillness and expanding awareness.

*You end the day invigorated yet serene, your mind clear, your energy steady – fully aligned with the rhythm of renewal.*



# FRIDAY

## *LONGEVITY INTEGRATION*

The final day is dedicated to integration – the moment when insight becomes practice and renewal becomes a way of life. During the final Longevity consultation and assessment debrief, you reflect on the week's progress and receive guidance to continue nurturing balance in the months ahead.

A closing meditation and breath awareness session anchors gratitude and inner stillness, helping you recognize how the calm and resilience you've cultivated can be sustained beyond Montreux.

A final nutrition session refines your approach to energy and emotional balance, offering clarity for daily wellbeing. The week's experiences – from coaching and movement to sound therapy and meditation – now converge into one integrated rhythm of health and purpose.

*You end the journey with lightness and purpose – calm in body, clear in mind, and ready to carry your renewed rhythm into life.*



# PROGRAM DESCRIPTION

## LIFE RESET

### — LONGEVITY & IMMUNITY MEDICAL TECHNOLOGIES

- › **LMA:** Advanced laboratory tests
- › **LMA:** Exclusive Clinique La Prairie Life Reset DNA Test
- › **LMA:** Glycans screening, exclusively available at Clinique La Prairie
- › **LMA:** Ceramides screening, exclusively available at Clinique La Prairie
- › Longevity consultations by your leading physician at the beginning and end of your stay
- › CLP Cellular Genomic Life Reset\*

### — NUTRITION

- › **LMA:** One Nutrition Index Assessment, a CLP proprietary tool that provides a unique insight 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 "Mood enhancement and nutrition" workshop
- › One "Unlocking Longevity" consultation to develop a personalized nutritional plan based on medical results and nutrition index assessment
- › Exclusive CLP Pro Regeneration Blend\*
- › Exclusive CLP Daily Sleep & Relaxation Complex Treatment\*
- › Exclusive CLP Daily Longevity Herbal Infusions\*
- › Anti-inflammatory Clinique La Prairie menus

## — WELLBEING

- › **LMA:** One Wellbeing Index Assessment, aimed at evaluating both physical and mental wellbeing
- › One mental health coaching session
- › One hypnotherapy session
- › Comprehensive 3-phase meditation protocol
- › Two sessions of Audiovitality® - the most innovative technology in sound therapy
- › One beautifying body wrap – skin nourishment & microbiota recovery treatment\*
- › One Chi Nei Tsang massage – skin anti-inflammatory treatment\*
- › Two Energising circuits
- › Two Revitalising circuits
- › Daily restorative breaks

## — MOVEMENT

- › **LMA:** One Movement Index Assessment, to comprehensively evaluate physical functionality, neuro-muscular health and mobility, to ultimately optimize longevity through targeted exercise
- › One personal training session based on the results of your movement assessment
- › One nature immersion & sensorial integration session\*\*
- › One sunrise yoga experience
- › Two breathing sessions

*\*\*For safety reasons, the nature experience is dependent on weather conditions and on an assessment of individual physical capacities.*

\*CLP proprietary scientific solutions

### **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 14,900 CHF (standard room)



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*IT IS NOT AN ESCAPE.*

IT'S A RETURN TO YOURSELF.

CLINIQUE  
LA PRAIRIE

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SWITZERLAND

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