

Montreux · Anji · Phuket

MASTER DETOX
PROGRAM

THE MOST ADVANCED PERSONALIZED
DETOX EVER DESIGNED

CLINIQUE
LA PRAIRIE

SWITZERLAND

CLINIQUE
LA PRAIRIE

SWITZERLAND



YOU FEEL IT BEFORE YOU CAN NAME IT.

The bloating that doesn't go away. The fatigue that sleep no longer fixes. The heaviness behind the eyes. The skin that lost its glow. The sense that something inside you is overloaded – and the systems that used to keep you clear are no longer keeping up.

Modern life leaves a residue. Processed food. Stress hormones. Air, water and personal-care pollutants. Late nights. Travel. Alcohol. Medications. None of it dramatic on its own – all of it cumulative.

Most people respond with a juice cleanse, a few days of restriction, a fast. They lose a little weight, gain it back, and the heaviness returns within weeks.

WHAT YOU ARE FEELING

- Persistent bloating, sluggish digestion, irregular transit
- Heaviness in the body – and in the mind
- Fatigue that rest doesn't repair
- Dull skin, breakouts, signs of inflammation
- Mental fog and a sense of being chronically overloaded
- Cravings, mood dips, low motivation
- A feeling that the body's internal systems are out of balance

*GENERIC DETOXES DON'T FAIL BECAUSE DETOX DOESN'T WORK —
THEY FAIL BECAUSE THEY DON'T ADDRESS YOUR BIOLOGY.*



DETOX IS NOT WHAT YOU THINK IT IS.

True detoxification is not restriction. It is not punishment. It is not a cleanse you push through and hope works.

Detoxification is a **biological process** – a network of liver pathways, gut microbiota, mineral co-factors and genetic enzymes that your body runs every second of every day. When this network is supported, the body cleans itself with extraordinary efficiency. When it is overwhelmed, every system downstream pays the price: digestion, sleep, skin, energy, mood, immunity.

And here is what almost no one understands: **your detox capacity is genetic**. Two people exposed to the same load will eliminate it at very different rates, depending on the genes they were born with and the nutrients they're feeding those genes.

THE SCIENCE

WHAT YOU WILL FEEL

Liver detoxification pathways activated

> A reduction in internal overload

Microbiome rebalanced through targeted nutrition

> Restored digestion and gut comfort

Systemic inflammation reduced

> Less heaviness, less bloating

Cellular repair & antioxidant defense stimulated

> Feeling lighter, clearer, more alive

Heavy metals & environmental toxins mobilized and eliminated

> What modern life left behind – released

Nutrigenomic profiling of your detox capacity

> Your body's unique detox blueprint, decoded

Gut-brain axis regulated

> Mental clarity follows digestive clarity



A DETOX BUILT AROUND YOUR DNA.

Master Detox is the only seven-day detoxification program built on a comprehensive genetic, biochemical and microbiome assessment of your individual detox capacity. It is medically supervised from arrival to departure, and combines targeted clinical interventions with nutrition, advanced therapies, and Clinique La Prairie's proprietary nutraceutical solutions.

FOUR REASONS THIS IS UNLIKE ANY DETOX YOU HAVE TRIED

- **Genetic precision.** Our exclusive Gene Nutrition DNA Test, created specifically for Master Detox, identifies how efficiently your body eliminates toxins and processes specific micronutrients.
- **Full clinical assessment.** Advanced blood tests, Glycans and Ceramides screening, heavy-metals screening, vitamins and minerals profiling, microbiome mapping. We measure what other detoxes assume.
- **Proprietary CLP science.** Our Cellular Genomic Detox formula, Detoxifying Herbal Boosters, Detox Active Drops and Daily Sleep & Relaxation Complex are developed in our laboratories and available nowhere else in the world.
- **Felt within 72 hours.** Guests typically report visible lightness, reduced bloating and clearer skin within the first three days. The deeper biological work continues throughout – and beyond – the stay.

THE MASTER DETOX PROMISE

A felt shift within 72 hours. A measurable biological reset across the week. A personalized roadmap to keep going long after you leave.

WHO YOU BECOME AFTER SEVEN DAYS.

This is what happens when the body's detoxification network is finally given what it needs to do its work.

DEEPLY DETOXYFY THE BODY

- Activate liver and kidney elimination pathways
- Release accumulated toxins, heavy metals and environmental pollutants
- Reduce systemic inflammation and oxidative load
- Restore internal balance and homeostasis

RESTORE DIGESTION & GUT COMFORT

- Rebalance the microbiome with personalized probiotic support
- Reduce bloating and digestive heaviness
- Improve nutrient absorption and elimination
- Strengthen the gut-immune-brain connection

RENEW ENERGY & VITALITY

- Lift the heaviness that has been blocking your energy
- Improve mitochondrial efficiency and cellular performance
- Sharpen mental clarity and lift mood
- Sleep more deeply, wake more rested

REVEAL A CLEARER YOU

- Visibly clearer, more radiant skin
- A flatter, lighter body sensation
- A calmer nervous system and steadier emotions
- A renewed sense of looking – and feeling – well

EXCLUSIVE SOLUTIONS, DEVELOPED IN OUR LABORATORIES.

Four proprietary formulations – built on decades of research into the interaction between genes, nutrients and detoxification. Available nowhere else in the world.

CLP CELLULAR GENOMIC DETOX

A method of four 100% natural functional food supplements developed through nutrigenomic science. Together they stimulate the body's own antioxidant and detoxifying defenses by activating over 3,000 cytoprotective genes – the genes responsible for every cellular detoxification pathway your body runs.

DETOXIFYING HERBAL BOOSTERS

Plant extracts developed in CLP laboratories, paired with our juicing protocol to amplify its therapeutic effect through biocompatibility and nutrient synergy. The active phase of your detox, intensified.

DETOX ACTIVE DROPS & HERBAL INFUSIONS

A blend of plant compounds engineered to support the detoxifying processes of the liver and kidneys in a holistic way. Two herbal-enriched drop formulas and a parallel infusion ritual – a daily, sensorial complement to the clinical protocol.

CLP DAILY SLEEP & RELAXATION COMPLEX

A broad-spectrum nutraceutical formulation combining sleep-modulating and calming plant extracts. Adaptogenic, relaxation-inducing, and designed to restore both the architecture of sleep and your underlying biological rhythms – because the body detoxifies most efficiently when it sleeps deeply.

*THE SAME SCIENCE.
ANYWHERE YOU CHOOSE.*



Master Detox is delivered with absolute consistency across all Clinique La Prairie destinations. The same medical protocol. The same diagnostic precision. The same exclusive CLP nutraceutical solutions, developed in our Swiss laboratories. The same anti-inflammatory cuisine. The same level of medical supervision throughout.

Choosing your destination is not a clinical decision – it is a personal one. The results you can expect are the same. What changes is the climate, the setting, and the character of the experience around the protocol.



SWITZERLAND
MONTREUX

THE HERITAGE DESTINATION

Where Clinique La Prairie was founded in 1931. On the shores of Lake Geneva, framed by the Alps. A discreet, contemplative European setting – and the home of our scientific legacy.

CHINA
ANJI

THE BAMBOO RETREAT

Set within the bamboo forests of Anji, a UNESCO-recognized natural environment renowned for its serenity. A meditative destination where the Master Detox protocol meets the quietude of the East.

THAILAND
PHUKET

THE COASTAL SANCTUARY

On the Andaman coast. A warm, light-filled tropical setting where the climate itself supports recovery. The destination of choice for guests seeking the program in a restorative island environment.

WHAT IS IDENTICAL ACROSS ALL THREE DESTINATIONS

- The full Longevity Master Assessment – DNA, blood, glycans, ceramides, microbiome
- Our exclusive Gene Nutrition DNA Test, created specifically for Master Detox
- The complete CLP Cellular Genomic Detox protocol and proprietary nutraceuticals
- Continuous medical supervision by Clinique La Prairie-trained physicians
- Anti-inflammatory menus designed by our nutritionists, prepared by our chefs

MONTREUX, SWITZERLAND

ON THE SHORES OF LAKE LÉMAN, WHERE IT ALL BEGAN.



Clinique La Prairie's **historical home**, on the shore of Lake Léman with the Alps behind. The flagship – **where nearly a century of Swiss longevity science was developed**, and where the Life Reset program was first conceived.

Here, the setting is alpine: still water, mountain air, the discipline of Swiss landscape. The atmosphere is one of quiet precision.

LOCALLY ADAPTED ELEMENTS

- Additional detox diagnostics: dental check-up & panoramic
- Low-frequency vibration therapy – the most innovative technology in sound therapy



CLINIQUE
LA PRAIRIE
SWITZERLAND

ANJI, CHINA

IN THE BAMBOO FORESTS OF ZHEJIANG PROVINCE.



Clinique La Prairie Anji sits within the bamboo-forested mountains of Zhejiang Province – a landscape that has long been a destination for Chinese guests seeking **quiet, recovery and traditional medicine.**

Here, the program is shaped by the rhythm of Eastern practice, **anchored in the same CLP protocols but expressed through the wisdom of the region.**

LOCALLY ADAPTED ELEMENTS

— Neuro-wave stimulation



PHUKET, THAILAND

IN THE LAKES AND FOREST OF TRI VANANDA.



Opening in Autumn 2026, Clinique La Prairie Phuket is the brand's first medical longevity destination in Southeast Asia – set within one square kilometre of forest and lakes at Tri Vananda, twenty minutes from Phuket International Airport.

Built around the Longevity Plaza, with its Manohra Meditation Hall reaching over the water and private pool villas opening onto tropical greenery. Here, the program meets **Thai therapeutic traditions of touch, breath and stillness.**

LOCALLY ADAPTED ELEMENTS

- Low-frequency vibration therapy – the most innovative technology in sound therapy
- Photobiomodulation therapy



WHAT'S INCLUDED

EVERY ELEMENT OF YOUR SEVEN DAYS. THERAPIES, TREATMENTS AND MOVEMENT.

Across the four interconnected CLP pillars – Medical, Nutrition, Wellbeing and Movement – every element is delivered under continuous physician supervision.

MEDICAL

- › **LMA:** Advanced blood tests
- › **LMA:** Clinique La Prairie Gene Nutrition DNA Test – exclusively created for Master Detox
- › **LMA:** Glycans screening – exclusively available at Clinique La Prairie
- › **LMA:** Ceramides screening – exclusively available at Clinique La Prairie
- › Longevity detox check-up with four medical consultations
- › Minerals and vitamins screening to identify and correct deficiencies
- › Antioxidant injection
- › Dental check-up and panoramic (*Montreux only*)
- › Reboot cleanse – non-invasive internal cleansing of the intestines
- › Exclusive CLP Cellular Genomic Detox: 100% natural nutraceutical protocol with anti-inflammatory, immunostimulatory and microbiota-supporting properties*



NUTRITION

- › **LMA:** Nutrition Index Assessment
- › **LMA:** DNA microbiota test and personalized probiotic cure, delivered during a remote follow-up consultation
- › Private Master Detox workshop
- › Unlocking Longevity consultation to develop a personalized nutritional plan
- › Exclusive CLP Detoxifying Herbal Booster*
- › Exclusive CLP Detox Active Drops*
- › Exclusive CLP Daily Protect Complex*
- › Exclusive CLP Daily Sleep & Relaxation Complex*
- › Longevity Herbal Infusions
- › Clinique La Prairie anti-inflammatory menus



* CLP proprietary scientific solutions, available exclusively at Clinique La Prairie.

WELLBEING

- › **LMA:** Wellbeing Index Assessment
- › One body scrub by La Prairie and one detoxifying body wrap
- › One detoxifying massage
- › One cryotherapy session
- › One deep cleansing and detoxifying facial treatment
- › One session of toxin-cleansing infratherapy or photobiomodulation (*depending on location*)
- › One Chi Nei Tsang massage – abdominal visceral work to support digestive release
- › One reflexology session
- › Sound and vibration therapy (*locally adapted*)

MOVEMENT

- › **LMA:** Movement Index Assessment
- › One personalized personal training session
- › One metabolism and breathwork session
- › One outdoor activity with a coach
- › Two aerial yoga sessions

CHOOSE YOUR DETOX. THREE LOCATIONS, ONE PROGRAM.

DESTINATIONS Montreux, Switzerland • Anji, China • Phuket, Thailand

DURATION 7 days, 6 nights (minimum)

DESIGNED FOR Individuals experiencing **fatigue, bloating, digestive imbalance, skin issues or a general feeling of heaviness** – and those exposed to high levels of **stress, pollution** or **environmental toxins**.

INCLUDES Accommodation in standard category, full anti-inflammatory board, full access to fitness and wellness facilities, airport transfers (in Anji and Phuket), ongoing medical supervision, personalized program.

PRICE FROM 20,950 CHF • 148,000 CNY • 675,000 THB

Service charge and VAT included. Prices indicative; final quotation provided upon booking based on accommodation category and season.



CLINIQUE LA PR
STIIONE LA BV



*READY TO BEGIN
SPEAK WITH YOUR CLP ADVISOR.*

Every Master Detox journey begins with a private consultation.

Your dedicated advisor will recommend the right location, accommodation and dates, and confirm any clinical considerations before your arrival.

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cliniquelaprairie.com

WE ARE
LIFE-CHANGERS

CLINIQUE
LA PRAIRIE

SWITZERLAND