

*REVITALISATION PREMIUM*  
PROGRAM

CLINIQUE  
LA PRAIRIE

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SWITZERLAND

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*THE MOST ADVANCED*  
LONGEVITY PROGRAM

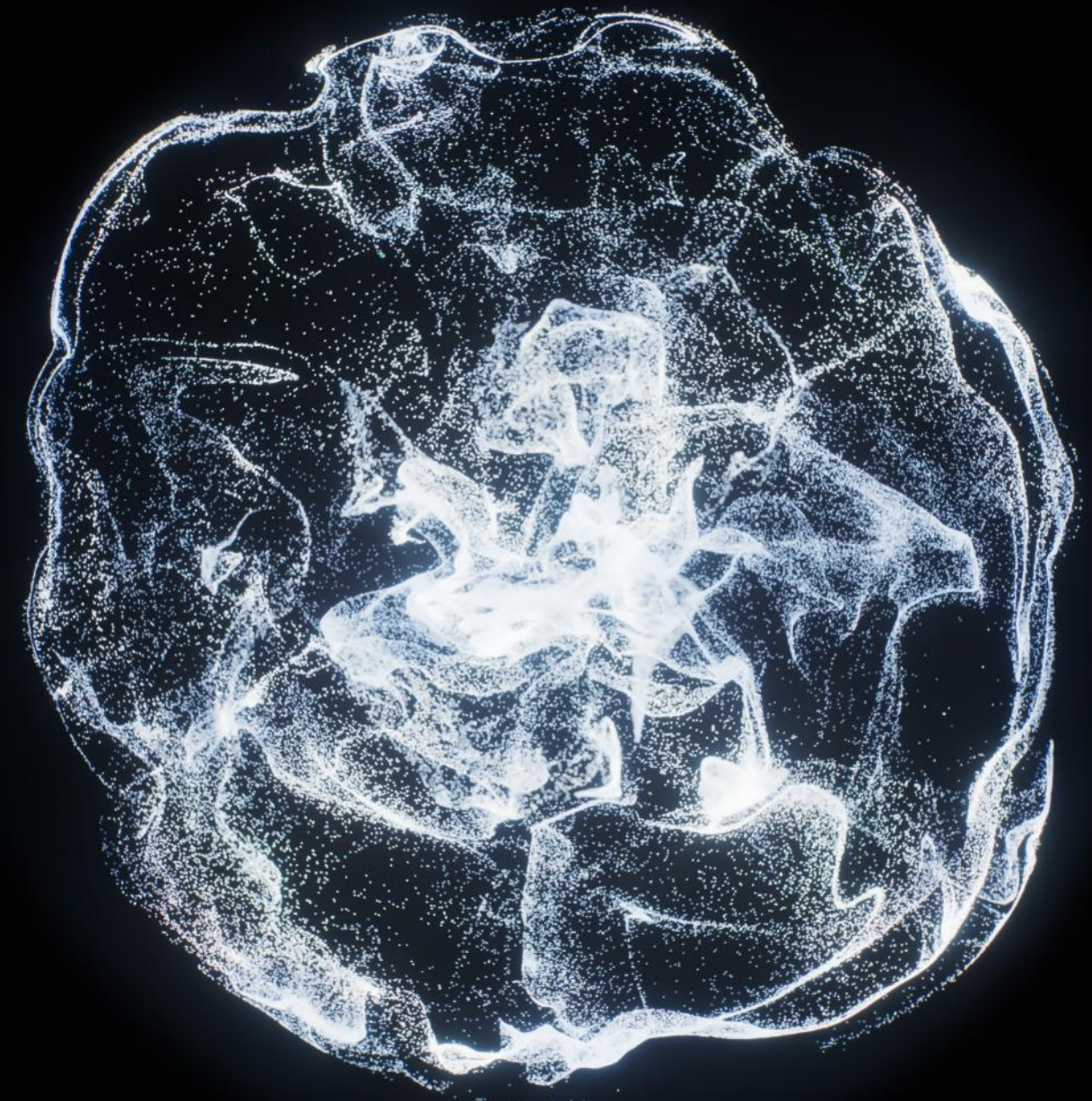
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## THE REVITALISATION PREMIUM PROGRAM

With Revitalisation Premium, Clinique La Prairie offers an unparalleled approach to longevity. Building on the powerful foundations of the Revitalisation Program—including CLP Extract, which targets cell regeneration and immune defenses—it further enhances them with **a super-targeted medical approach designed to deeply regenerate the body's seven key systems and functions: brain, heart, circadian rhythm, skin, metabolism, immunity, and microbiota.**

All systems in the human body are interconnected, and any imbalance in one can affect the others. By treating these systems as a whole and considering the complex synergies that regulate their function, Revitalisation Premium provides a holistic approach with unique benefits.

In just seven days, guided by Clinique La Prairie's unparalleled expert holistic vision of medicine, Revitalisation Premium stands as the most comprehensive, tailored longevity program.



# THE CULMINATION OF LONGEVITY SCIENCE

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 in-depth assessments and diagnostics:**

- **Longevity Master Assessment:** an ultra-essential set of screenings analyzing the key markers for longevity to personalize your stay based on your unique biological make-up and needs.
- **Additional diagnostics** aimed at providing the most complete picture of your current state of health.

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 Active, Immuno-therapeutic supplementation and Revitalizing antioxidant injections.
- **Epigenetic education** to positively influence your genetic background through your lifestyle.
- **Rejuvenating wellness and movement plans.**

# YOUR HEALTH BENEFITS

***REGENERATE***  
THE WHOLE BODY

- Act synergically on all body systems
- Fight cellular aging
- Build resilience against chronic diseases
- Reduce your body inflammation

***STIMULATE***  
YOUR IMMUNE SYSTEM

- Strengthens immune defense mechanisms
- Lowers risk of cardiovascular disorders
- Supports gut and brain health
- Reduces oxidative stress and systemic inflammation

***SUPPORT***  
CELLULAR LONGEVITY

- Empower your vitality
- Regenerate your cells
- Beat the fatigue due to excessive traveling

***ENHANCE***  
STRESS MANAGEMENT

- Supports hormone balance and mental clarity
- Enhances mood and emotional regulation
- Improves cellular repair during deep sleep

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## THE REVITALISATION PROTOCOL

### **CLP Extract**

The formula administered is exclusive to Clinique La Prairie: it is a controlled, standardised extract treated and prepared in our own laboratories, and contains biological active ingredients. Inspired by the work of Dr Paul Niehans on cellular therapy, this exclusive formula supports several different axes in the body: the immune system, regeneration of the body and tissues on several levels, vitality and energy, as well as the reduction of stress and resistance to chronic diseases.

*Only available at Clinique La Prairie Montreux.*

### **HP Cellular Active**

Through a unique, natural process developed by Clinique La Prairie, the extract contains a powerful organic substance (5HMF) that helps improve the proper supply of oxygen to cells. Derived from traditional medicine used for thousands of years, the active antioxidant ingredient is known for its ability to improve the oxygen supply to tissue, helping regulate biological reactions to oxidative stress. It also helps the body's anti-inflammatory process by delaying cell aging, and works as a food supplement to improve performance.

### **CLP Cellular Genomic Rev FFS1-5 Activators**

A treatment made up of 5 natural and plant-based nutraceuticals that interact with the genes involved in cellular stimulation and modulation of the body's systems. Following a detailed explanation from the doctor on Wednesday regarding the daily intake of these products, the treatment will begin on Thursday at Clinique La Prairie and will continue for 4 weeks. Each of the supplements is made up of an exclusive revitalising complex, paired with carefully selected micronutrients and plant extracts with specific benefits in terms of immune system regeneration, neuromodulation, anti-inflammation, microbiome strengthening and the circadian rhythm.



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## 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.*

### **CLP Daily Longevity Infusions**

The ritual of gentle healing and repair is delivered with a science-based herbal tea blend, carefully selected to target body healing and anti-inflammatory mechanisms. This therapeutic mix of four plants provides a holistic approach, in which teatime becomes a truly regenerative and health-inducing moment, with a seamless transition to the evening nutraceutical protocol.

*Only available at Clinique La Prairie.*



A modern interior space featuring a light-colored modular sofa on the left and a series of white, rectangular modular partitions in the center and right. The partitions are arranged in a way that creates a sense of depth and structure. The background is a plain, light-colored wall, and the floor is a neutral tone. The overall aesthetic is clean and minimalist.

*DISCOVER THE PROGRAM*  
SYSTEM BY SYSTEM

DISCOVER THE PROGRAM

## 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.

### — ***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.

DISCOVER THE PROGRAM

## YOUR HEART & 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.

DISCOVER THE PROGRAM

## 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.

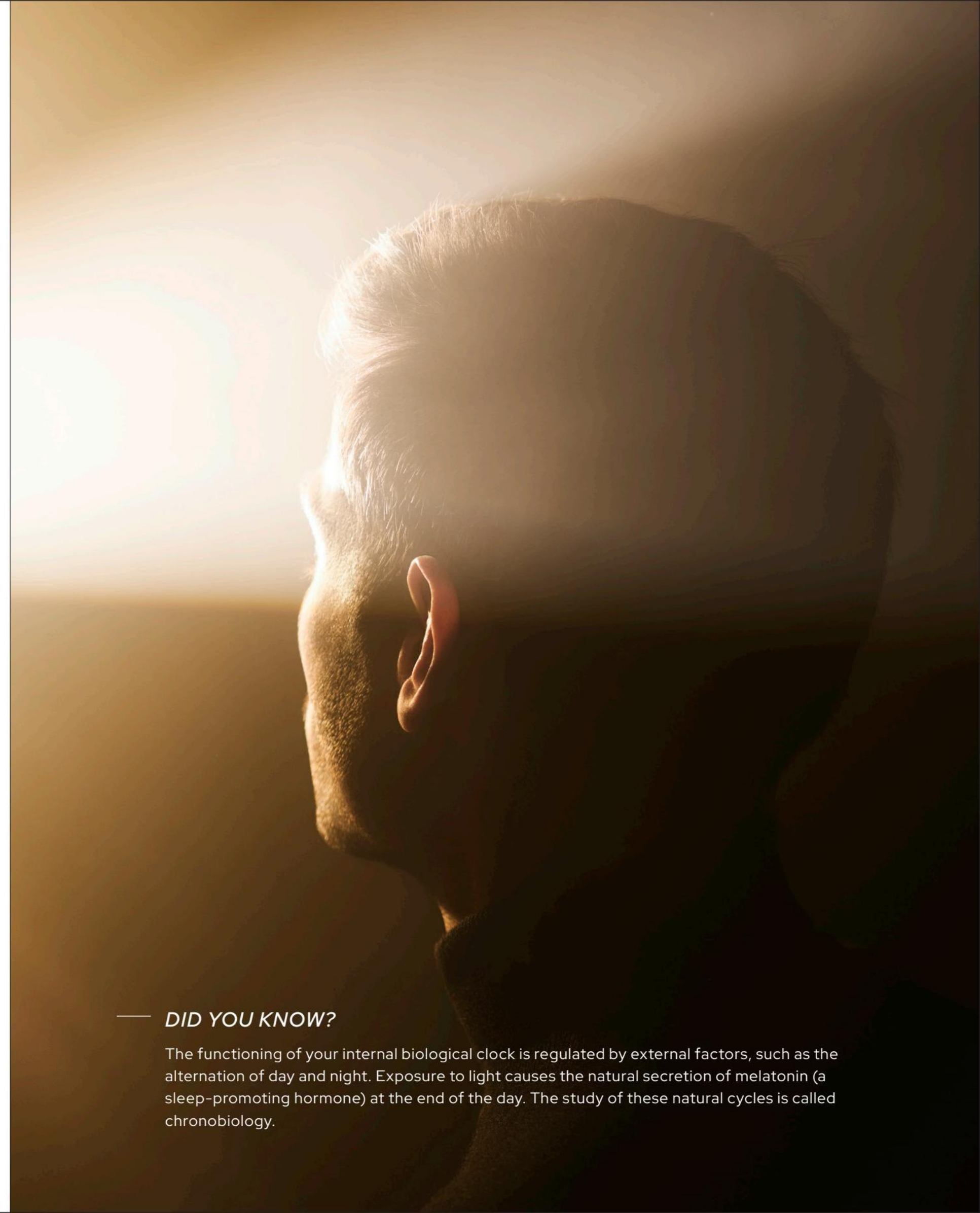
### ***In Revitalisation Premium:***

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 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 MICROBIOTA

The digestive system is home to some 10<sup>13</sup> 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?***

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.

DISCOVER THE PROGRAM

## 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.

To complement the purifying and revitalizing effects of the program, the Highly Tailored Cellular Reset Facial by La Prairie extends your skin youth longevity and cellular health span. Following a high-tech in-depth skin analysis which paves the way for a bespoke product selection tailored specifically to your skin needs, personalised massage gestures for each area of the face amplify the transformative benefits of each selected product while the science of cryotherapy is integrated to offer an experience unique to you. Using products designed to strengthen the skin, increase collagen level and densify tissue.

Exclusively available in our Revitalisation programs

### ***DID YOU KNOW?***

Your Revitalisation journey doesn't end today. You take home the rest of your two-months 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.

# CLINIQUE LA PRAIRIE

## REVITALISATION PREMIUM PROGRAM

### LONGEVITY & IMMUNITY MEDICAL TECHNOLOGIES

- » *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
- » Abdominal ultrasound
- » CT Scan scan with calcium score
- » Brain MRI
- » A cardiovascular assessment, including:
  - Consultation with the cardiologist
  - Stress test
  - Electrocardiogram
- » One sleep quality test and consultation with the pulmonologist
- » Dental panoramic
- » Epigenetic test and assessment
- » One dental check-up
- » One body composition test
- » One aesthetic consultation
- » One high-tech skin analysis
- » Relaxation session, mix of different techniques: hypnosis, cardiac coherence and sophrology

### 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

- » CLP Cellular Genomic Revitalisation FFS1-5 Activator: two-months cure 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
- » Vitamin/essential therapy based on lab results
- » Three sessions of Revitalizing antioxidant injections
- » CLP probiotics and booster cures treatments

### LONGEVITY NUTRITION

- » *LMA*: one Nutrition Index Assessment, a CLP proprietary tool that provides unique insights into your nutritional strenghts 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 Clinique La Prairie nutrition philosophy consultation
- » One private “Longevity” workshop
- » One “Unlocking Longevity” consultation to develop a personalized nutritional plan based on medical results and lifestyle
- » Exclusive CLP Daily Protect Complex Treatment\*
- » 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 session of Audiovitality® – the most innovative technology in sound therapy
- » One Revitalizing body exfoliation – skin renewing and relieving treatment & microbiota recovery treatment\*
- » One Revitalising signature massage – skin anti-inflammatory treatment\*
- » One Highly Tailored Cellular Reset Facial Treatment by La Prairie, including a final session of cryotherapy and customized on the results of the high-tech skin analysis

### 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 outdoor activity with a coach (upon request)

\*CLP proprietary scientific solutions

#### Information about the program

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

**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 50,250 CHF (superior room)

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*THE HEART OF THE*  
SECRET OF LIFE

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SWITZERLAND

Clinique La Prairie  
Rue du Lac 142 – 1815 Clarens-Montreux, Switzerland  
+41 21 989 34 07  
[reservation@cliniquelaprairie.com](mailto:reservation@cliniquelaprairie.com)