

REVITALISATION
PROGRAM

CLINIQUE
LA PRAIRIE

SWITZERLAND

THE MOST ADVANCED CELL
REGENERATION PROGRAM

THE REVITALISATION PROGRAM

Honed over almost a century, our Revitalisation program unlocks the hidden potential within your cells, boosting immunity and reducing inflammation, ultimately slowing down the aging process for a healthier, longer life.

Our Revitalisation program is a one-week transformative experience that stimulates cell regeneration, fights the signs and causes of aging, and enhances overall mental and physical health through our sophisticated five-steps Longevity Method and four-pillars intervention.

Along with the exclusive CLP Extract, the Revitalisation protocol includes immune-boosting, stimulating and rejuvenating treatments, and therapies for the mind and body, creating the ultimate cellular revival and revitalizing every part of the body and mind.

Rediscover a life of balance, vitality, and lasting health.



A NEW VERSION OF YOURSELF

Your time with us will stimulate your immune system, decrease inflammation and slow the aging process in your body’s cells: three vital factors in extending and improving lives.

You will benefit from the very latest advances in cellular therapy, nutraceutical sciences, and engage with the very best physicians and holistic consultants – all working together to make you look and feel younger by guiding you towards a healthier future.

They will help you rebalance your lifestyle, sleep better, and lift your mental performance. You will be physically stronger, with greater endurance and resistance to illness. Every element of your wellbeing will be transformed by this unique, holistic, and exceptional journey, set amid the breathtaking surroundings of Lake Geneva and the majestic Alps.

YOUR HEALTH BENEFITS

SLOWDOWN THE AGING PROCESS

- Remain healthy for as long as possible
- Enjoy the full potential of your entire life
- Lengthen your pick of vitality
- Reduce your body inflammation

ACTIVATE YOUR IMMUNE SYSTEM

- Strengthen your immune system
- Avoid seasonal sicknesses
- Optimize your body functions

SUPPORT CELLULAR LONGEVITY

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

ENHANCE STRESS MANAGEMENT

- Deal serenely with high pressure environment
- Sleep deeply and wake up every morning fully rested
- Counter the intensity of your life rhythm

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.



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.





THE PROGRAM
DAY BY DAY

MONDAY

YOUR BODY'S SECRETS REVEALED

Welcome to the first day of a healthier, longer future. This day will be dedicated to your Longevity Master Assessment. You'll meet your personal doctor for the first time and spend a meaningful day with specialists from our leading Medical Center. This is where the transformation begins.

Advanced laboratory tests, assessments spanning across the four pillars, key diagnostics, and a thorough high-level check-up will comprehensively map your health and longevity and lead the design of a personalised journey, suited to your unique needs. All the longevity markers inside your body will be unveiled.

Indulge in the wellbeing or fitness facilities, or simply unwind while our experts work hard to identify just what's needed to reset your body.

— *DID YOU KNOW?*

The Longevity Master Assessment (LMA) by Clinique La Prairie unlocks over 300 high-precision and actionable health markers, providing the most comprehensive understanding of your biological make-up through an integrated, multi-layered assessment. It analyses the most important longevity markers to shed light on your current health and longevity potential.

TUESDAY

REALIZE YOUR POTENTIAL

Tuesday is all about stimulation. The tests are complete, and your results are being analyzed. Stimulating treatments, from tailored workouts to wellness sessions, have been scheduled.

Our holistic approach means that physical exercise and wellbeing are integral to the program. An energetic morning kick-starts your mind and body as you spend time with one of our personal trainers, taking part in a session based on your specific goals and abilities.

It's time to enter the first phase of Revitalisation. The immuno therapeutic supplementation has started and you receive our biostimulant today. These have a fundamental function: they optimize the next steps of the program. You're also given the powerful and organic HP-Cellular Active that you drink daily for four days.



— *DID YOU KNOW?*

Revitalisation program looks to reduce inflammation – one of the biggest causes of disease and aging. An inflamed cellular environment can lead to issues with everything from your sleep pattern to the inactivation and depletion of stem cells. It also leads to the development of senescent cells (cells that no longer divide) which can contaminate other normal cells, triggering a cycle of aging.

WEDNESDAY

FIRE UP YOUR INTERNAL DEFENSES

Today, you will join an exclusive club, receiving an iconic treatment that has been at the heart of Clinique La Prairie since 1931: our regenerative CLP Extract.

While these scientific wonders work on your body, it’s time to treat your mind to an afternoon of blissful wellness. Here you enjoy a complete wellbeing experience. This ritual has been perfectly designed to enhance the positive effects of Revitalisation, with a euphoric mix of our wellbeing treatments to regenerate cells and rejuvenate skin and a facial treatment signed by La Prairie.

This powerful combination strengthens your immune system, reduces inflammation, and transports you into a state of deep physical and mental relaxation.



— *DID YOU KNOW?*

Mental and physical wellbeing have an unbreakable link. For our bodies to be healthy and live longer, our minds need to be healthy too. This is why part of our Revitalisation program is dedicated to relaxing spa therapies. From light meditation to deep massage, from skin treatments to spiritual exploration, your stay will help you reduce the dangerous stress and anxieties of everyday life.

THURSDAY

REINFORCE THE EFFECTS

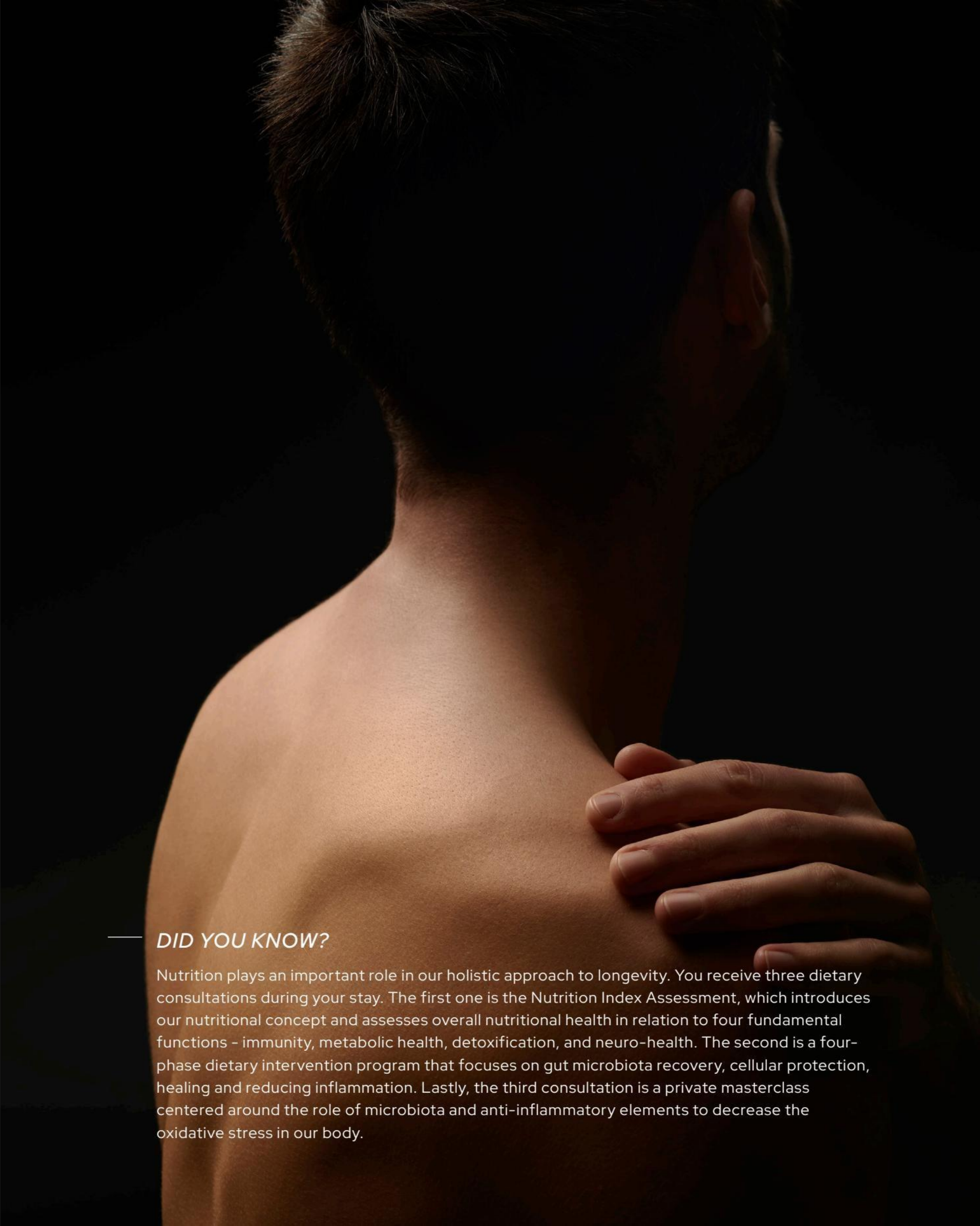
Feeling fit and alert, today you will receive your second intake of CLP Extract and your daily medical check. It is a a day to relax, explore and exercise. Your nutritionist clarifies why the clinic’s diet has been making you feel so light and invigorated, and explains the many question marks that surround the key triggers for transformative changes.

You indulge in a second wellbeing experience with a Revitalisation signature massage, which uses the healing power of lithotherapy, before taking some time for yourself. Whether you immerse yourself in the luxurious spa, book an aesthetic treatment, challenge your limits with a hike in the Alps, or find peace by the serene lake, you’ll emerge feeling renewed.

Whatever you choose, our dedicated staff is here to guide and support you every step of the way.

DID YOU KNOW?

Nutrition plays an important role in our holistic approach to longevity. You receive three dietary consultations during your stay. The first one is the Nutrition Index Assessment, which introduces our nutritional concept and assesses overall nutritional health in relation to four fundamental functions - immunity, metabolic health, detoxification, and neuro-health. The second is a four-phase dietary intervention program that focuses on gut microbiota recovery, cellular protection, healing and reducing inflammation. Lastly, the third consultation is a private masterclass centered around the role of microbiota and anti-inflammatory elements to decrease the oxidative stress in our body.



FRIDAY

REFLECTION AND REWARDS

Your last full day with us is hugely satisfying. You have an injection of a powerful antioxidant complementing the Revitalisation process. You already feel like a new person, reaping the benefits of the world-class treatments, activities and expert advice – not to mention the simple joy of spending a week concentrating on your wellbeing. It’s time to discuss your achievements with our medical team and to ask any questions you might have. It’s also a moment to pause and reflect. How do you feel? What have you learned? How will it change your life?

Revitalisation is the beginning of a much longer journey of self-discovery and transformation. Everything you’ve experienced means you go home with a whole set of tools and habits to live a healthier and fuller life.



— *DID YOU KNOW?*

Exercise fights the aging process by improving tissue oxygenation, reducing stress levels and increasing cognitive and mental abilities. This is why movement is an important part of the Revitalisation program. Activities include a mix of outdoor activities, animal movement, stretching, strength training and circuit training – but will always be tailored to the guest’s individual needs and abilities.

SATURDAY

A NEW STATE OF MIND

Today you begin a new life, with an immune system that’s stronger than ever. You have been regenerated, rejuvenated. You understand better how to care for your body and you have been able to connect with yourself on a deeper level. You also know how to look after your mind, to be more relaxed and calm.

The extraordinary power of Revitalisation has put you on the path to balance and longevity.

— *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 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
- » Chest x-ray
- » Dental panoramic
- » Adbominal ultrasound
- » Electrocardiogram
- » One aesthetic consultation
- » One high-tech skin analysis
- » One dental check-up

— 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. Since 1931, those in search of a profound change in their wellbeing have been coming to Clinique La Prairie to reap the benefits of this exclusive cellular formula combined with the unique medical, wellness, nutrition and lifestyle plans of the Revitalisation program.

— CUTTING-EDGE SCIENCE

- » Pioneering CLP Cellular Genomic Revitalisation FFS1-5 Activator: one-month cure of 5 activator supplements developed to enhance the program’s effects on body, brain, sleep and microbiota*
- » Daily booster of HP-Cellular Active
- » One session of Revitalizing antioxidant injection
- » Vitamin/essential therapy (injection) based on lab results
- » Immuno-therapeutic supplement

— IMMUNO-NUTRITION

- » *LMA*: one Nutrition Index Assessment, a CLP proprietary tool that provides a unique insight 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 private “Immuno-nutrition” 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*
- » Exclusive CLP Daily Longevity Herbal Infusions*
- » Anti-inflammatory Clinique La Prairie menus

— REJUVENATING WELLBEING

- » *LMA*: one Wellbeing Index Assessment, aimed at evaluating both physical and mental wellbeing
- » One session of neuro-wave stimulation
- » One session of far infrared therapy
- » 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
- » One Revitalizing body exfoliation – skin renewing and relieving treatment & microbiota recovery treatment*
- » One Revitalising signature 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 personal training session

**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 31,800 CHF (superior room)

THE HEART OF THE
SECRET OF LIFE

CLINIQUE
LA PRAIRIE

SWITZERLAND

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