

# CLINIQUE LA PRAIRIE

SWITZERLAND

## REVITALISATION PROGRAM

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Product of 85 years of research in longevity, our CLP Extract, the core ingredient of Revitalization, has the extraordinary power to regenerate cells and combat the negative effects of aging. World leaders, royalty, and international celebrities all travel to the shores of Lake Geneva, looking to us for the secret of youth, health, and wellbeing.

This program is recommended from the age of 40, with results lasting from 12 to 24 months. For those suffering from extreme exhaustion or in special cases, Revitalization can be administered at a younger age.

### YOUR PROGRAM INCLUDES

- Five nights from Sunday to Friday including full board and non-alcoholic beverages
- Exclusive Clinique La Prairie Revitalization
- A medical check-up: laboratory analyses, chest x-ray, abdominal ultrasound, ECG
- Daily follow-up by the attendant doctor and nursing care
- Medical Spa and esthetic medicine consultations
- Dietetic follow-up (on request)
- One Facial Treatment by Swiss Perfection of your choice (Cellular Exclusive Lift Concept excluded)
- One personalized massage
- One 30-minute personal training session
- Group fitness classes (upon request)
- Access to the fitness center, swimming pool, sauna, steam room and vitality pool
- Limousine services from/to the airport or train station

### OVER 50 SPECIALISTS WORK AT CLINIQUE LA PRAIRIE

Medical consultations (neurology, rheumatology, cardiology, pneumology, dermatology, psychiatry, ENT, etc), general surgery, orthopaedic, gynaecology, plastic and reconstructive surgeries, nutrition, dietetics, physiotherapy, acupuncture and relaxation.



## MASTER DETOX PROGRAM

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Discover our unique approach offering an innovative genetic test. A one-week retreat to reset mind & body, eliminate toxins and kickstart a healthier lifestyle.

### OUR PROGRAM INCLUDES

- 6 nights from Sunday to Saturday including full board
- 2 medical consultations: check-up upon arrival and final medical wrap with recommendations
- 4 complete medical tests:
  - > Genetic test providing pathways to detox, nutrient absorption & elimination and potential cardiovascular risks
  - > Heavy metals screening to determine overexposition and recommendations
  - > Blood analysis with detailed results
  - > Tanita body composition test
- 3 dietician visits & tailor-made diet based on medical results
- Daily CLP Antioxydant concentrate juice & Swiss Detox infusions
- 8 Spa treatments:
  - > Cellular Detoxifying body treatment
  - > Visceral Manipulation Therapy
  - > Signature Massage
  - > Cellular Photostimulation Therapy (1 session)
  - > Cellular Purifying Facial
  - > Reflexology
  - > Lymphatic drainage
  - > Cellular Detoxifying Body Wrap
- 1 personalized consultation in the Esthetic Medicine Center and Beautymed Center
- Unlimited access to the Spa, swimming pool, sauna, steam room & vitality pool
- Health Club access
  - > Fitness area
  - > 2 Outdoor activities in group (lakeside trainings)
  - > 1 sunrise Aerial yoga class
  - > 1 sunrise Yogalates class
  - > 2 Yoga classes (based on availability)



## MEDICAL CHECK-UP PROGRAM

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The medical check-up at Clinique La Prairie offers a complete evaluation of your health. This program is intended for patients requiring an in depth check-up or a second medical opinion. Regular check-ups are recommended from your mid-thirties and are part of an optimal prevention program which can help identify and successfully treat disorders at an early stage.

### OUR PROGRAM INCLUDES

- Five nights from Sunday to Friday including full board
- Consultation and daily follow-up by the attendant doctor, and full nursing care
- Laboratory analyses
- HRCT thorax and heart calcium scoring
- One carotid Doppler ultrasound
- One abdominal ultrasound
- One electrocardiogram (ECG)
- One screening for skin lesions
- One spirometry and consultation with pneumologist
- One stress test and one consultation with a cardiologist
- One ENT exam
- One body composition analysis (bioimpedance) Tanita®
- Dietetic follow-up upon request
- One Facial Treatment by Swiss Perfection of your choice (Cellular Exclusive Lift Concept excluded)
- Two massages of your choice
- One personalised advice at the Center for Aesthetic Medicine and the Beautymed center
- One 30-minute personal training session
- Group fitness and aquagym classes
- Access to the fitness center, swimming pool, sauna, steam room and vitality pool
- Limousine services from/to the airport or train station
- All non-alcoholic beverages



## BEAUTY PROGRAM

For thousands of years humans have been fascinated by beauty. Clinique La Prairie's Spa is a veritable haven of peace, offering a wide range of exclusive treatments to emphasise an individual's inner and outer beauty. It is an ideal place to re-energise, relax and recuperate and to shake off the burdens of everyday life.

### OUR PROGRAM INCLUDES

- Six nights from Sunday to Saturday including full board
- Consultation and daily follow-up by the attendant doctor, and full nursing care
- A medical check-up: laboratory analyses, chest x-ray, ECG, abdominal ultrasound
- One screening for skin lesions
- Dietetic follow-up upon request
- One personalised advice at the Center for Aesthetic Medicine and the Beautymed Center
- One 30-minute personal training session
- Group fitness and aquagym classes
- Access to the fitness center, swimming pool, sauna, steam room and vitality pool
- Limousine services from/to the airport or train station
- All non-alcoholic beverages

### TO BE COMBINED WITH ONE ADD-ON OF YOUR CHOICE

#### FACIAL BRIGHTENING

To improve the texture of your skin and boost collagen renewal so you emerge with a smoother and brighter complexion.

- One cellular brightening radiance facial treatment by Swiss Perfection
- Two high-tech redensifying facial treatments
- Two high-tech natural lifting facial treatments

#### BODY FIRMING & SMOOTHING

To help redefine your figure and reduce cellulite so you emerge looking more toned and firmer.

- One cellulite-control body treatment by Swiss Perfection
- Two high-tech contouring body treatments followed by two sessions of lymphatic drainages through pressotherapy
- Three high-tech remodelling body treatments followed by three sessions of cellular body photostimulation
- One cellulite-control massage



### TONING FACE & BODY

To lift and firm your skin, smooth away lines and wrinkles, and achieve a more toned silhouette.

- One cellular exclusive lift concept facial treatment by Swiss Perfection
- One cellular firming body treatment by Swiss Perfection
- Three high-tech natural lifting facial treatments followed by three cellular facial photostimulation sessions
- Two high-tech contouring body treatments followed by two lymphatic drainages through pressotherapy sessions

### REJUVENATING FACE & BODY

To nourish, hydrate and refine your skin, revitalise and reshape your body.

- One cellular hydrating rejuvenation facial treatment by Swiss Perfection
- One cellular firming body treatment by Swiss Perfection
- Two high-tech redensifying facial treatments
- Two high-tech redensifying body treatments

### PURIFYING FACE & BODY

To even out your complexion, and to purify and energise your body.

- One cellular purifying control facial treatment by Swiss Perfection
- One cellular detoxifying body treatment by Swiss Perfection
- Two high-tech redensifying facial treatments
- Five high-tech remodelling body treatments followed by five cellular body photostimulation sessions

### MEN FACE & BODY

For men who want to feel and look their best, the beauty program includes :

- One cellular back purity treatment by Swiss Perfection followed by one session of cellular body photostimulation
- One cellular skin cleanse facial treatment by Swiss Perfection followed by one session of cellular facial photostimulation
- Five personal training sessions
- Three 60-minute high-touch treatments of your choice

## ADDITIONAL TREATMENTS WE RECOMMEND AT OUR DERMATOLOGY CENTER - NOT INCLUDED IN THE PACKAGE

### CELLULAR MESO CURE TREATMENT

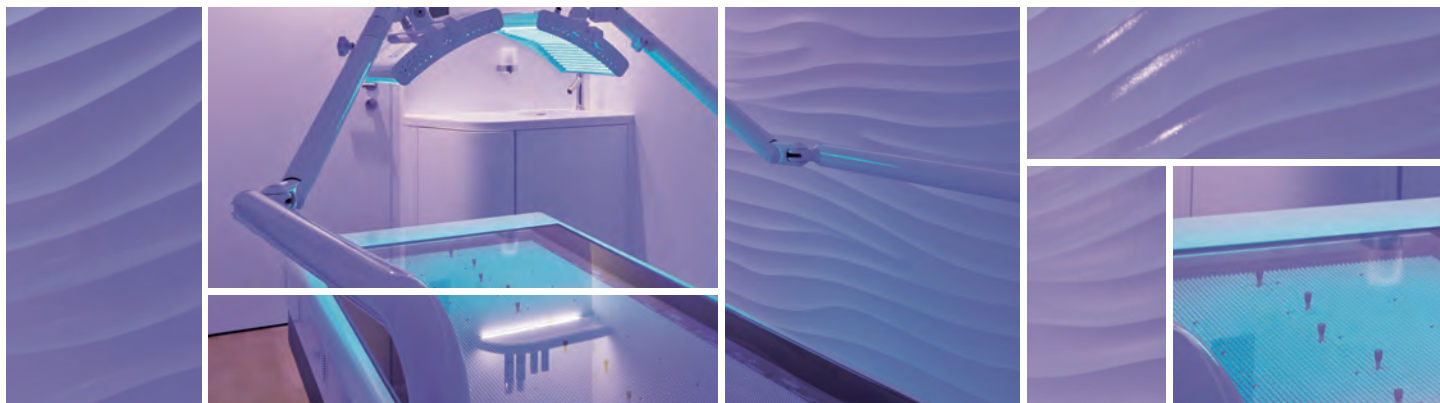
This facial procedure reduces and prevents wrinkles and is suitable for skins of any age.

### FRACTIONAL LASER TREATMENT

Designed to quickly and easily treat mild to moderate wrinkles or skin conditions such as pigmented lesions

### THERMAGE TREATMENT

To stimulate existing collagen and make your skin smoother, firmer and more youthful.



## REBALANCING PROGRAM

When suffering from extreme fatigue, stress and insomnia, it is time to take steps to address the situation before the symptoms become any worse. Taking advantage of the clinic's rebalancing program will help restore harmony to both body and mind. Clients taking advantage of this program will leave Clinique La Prairie feeling calm and revitalised and with the necessary tools to better manage and control the stress and tensions of everyday life.

### OUR PROGRAM INCLUDES

- Six nights from Sunday to Saturday including full board
- Consultation and daily follow-up by the attendant doctor, and full nursing care
- A medical check-up: laboratory analyses, chest x-ray, ECG, abdominal ultrasound
- One screening for skin lesions
- One interview with the psychologist and your choice of two 1h sessions of sophrology or psychology
- One session of Aerial Yoga
- One facial treatment by Swiss Perfection of your choice (Cellular Exclusive Lift Concept excluded)
- One body treatment by Swiss Perfection of your choice (Cellular Regenerating Body Experience excluded)
- Two high-tech natural lifting facial treatments followed by two sessions of cellular facial photostimulation
- Two high-tech remodelling body treatments followed by two sessions of cellular body photostimulation
- Four massages of your choice
- One Ayurvedic treatment to include an Abhyanga massage followed by traditional Shirodara treatment
- Three personal training sessions
- Group fitness and aquagym classe
- Access to the fitness centre, swimming pool, sauna, steam room and vitality pool
- Dietetic follow-up upon request
- One personalised advice at the Center for Aesthetic Medicine and the Beautymed Center
- Limousine services from/to the airport or train station
- All non-alcoholic beverages
- 10% discount for additional Spa treatments



## WEIGHT MANAGEMENT PROGRAM

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This exclusive Clinique La Prairie Weight Management program offers a multidisciplinary approach with the assistance of a nutritionist, dietician, personal fitness trainer, psychologist, massage therapist and aesthetician. This program is suitable for any adult suffering from a weight issue.

### OUR PROGRAM INCLUDES

- Thirteen nights from Sunday to Saturday full board
- Consultation and daily follow-up by the attendant doctor, and full nursing care
- A medical check-up: laboratory analyses, chest x-ray, ECG, abdominal ultrasound
- An evaluation to detect possible apnoea and sleeping disorders (examinations and consultation with the specialist)
- One stress test and one consultation with a cardiologist
- Three interviews with a psychologist
- One calorimetric test
- Monitoring of daily activity (pedometer)
- One body composition analyse (bioimpedance) Tanita®
- One Tanita® scale to take home
- One personalised advice at the Center for Aesthetic Medicine and the Beautymed center
- Group fitness and aquagym classes
- Access to the fitness center, swimming pool, sauna, steam room and vitality pool
- Limousine services from/to the airport or train station
- All non-alcoholic beverages
- 20% discount for additional Spa treatments

### AND EACH WEEK

- One consultation with the nutritionist
- Two consultations with a dietician
- One personal training session and one monitored session every day
- Two high-tech contouring body treatments followed by two lymphatic drainages through pressotherapy
- Three high-tech remodelling body treatments
- Two 30-minute cellulite-control massages

### OVER 50 SPECIALISTS WORK AT CLINIQUE LA PRAIRIE

Medical consultations (neurology, rheumatology, cardiology, pneumology, dermatology, psychiatry, ENT, etc), general surgery, orthopaedic, gynaecology, plastic and reconstructive surgeries, nutrition, dietetics, physiotherapy, acupuncture and relaxation.



## BETTER MOBILITY PROGRAM

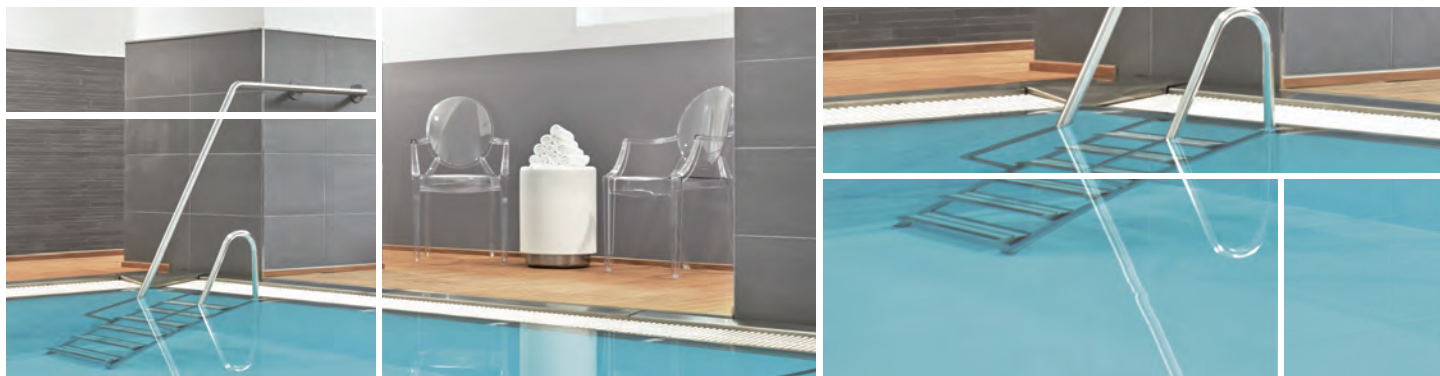
Physical activity is essential for a healthy life, creating a sense of well-being and energy. Still, knee or shoulder pain can be discouraging when practicing sports. So that you don't have to give up on your favourite activity, our Better Mobility program offers complete care to help you optimise your movements. By targeting the source of the pain or discomfort, then working to strengthen your body in a specific manner, you can improve ease and comfort during your training sessions. This is our program's goal: to help you be physically active at your peak.

### OUR PROGRAM INCLUDES

- Six nights with full board, from Sunday to Saturday
- A medical check-up: laboratory analyses, ECG
- Two evaluations, at the beginning and end of the program, with a rheumatologist and physiotherapist
- An abdominal ultrasound
- Daily follow-up by an attendant doctor, and nursing care
- Eight 45-minute sessions with a physiotherapist offering physical therapy, massage, specific muscle stretches, mobility and muscle strength exercises, as well as improved balance
- A Tecnobody evaluation (measurement and ratio)
- Dietetic follow-up upon request
- Personalised advice at the Center for Aesthetic Medicine and the Beautymed Center
- Five massages of your choice
- Three personal cardio training sessions
- Group fitness and aqua gym classes (on request)
- Access to the fitness center, swimming pool, sauna, steam room and vitality pool
- Limousine services from/to the airport or train station
- All non-alcoholic beverages

### ADDITIONAL ACTIVITIES RECOMMENDED FOR THEIR COMPLEMENTARY NATURE

- Dermatology consultation
- Cardiology consultation (stress test)
- Pneumology consultation (respiratory function, etc.)
- Nutritional consultation
- Sophrology and relaxation





## WEIGHT MANAGEMENT APPROACH

The exclusive Clinique La Prairie Weight Management Approach program offers a multidisciplinary approach with the assistance of a nutritionist, dietician, personal fitness trainer, massage therapist and aesthetician. This program is suitable for any adult suffering from a weight issue.

### OUR PROGRAM INCLUDES

- Six nights from Sunday to Saturday full board
- Consultation and daily follow-up by the attendant doctor, and full nursing care
- A medical check-up : laboratory analyses, chest x-ray, ECG, abdominal ultrasound
- One body composition analyse (bioimpedance) Tanita®
- Group fitness and aquagym classes
- Access to the fitness center, swimming pool, sauna, steam room and vitality pool
- One consultation with the nutritionist
- Two consultations with a dietician
- One personal training session and one monitored session every day
- Two high-tech contouring body treatments followed by two lymphatic drainages through pressotherapy
- Three high-tech remodelling body treatments
- Two 30-minute cellulite-control massages
- Limousine services from/to the airport or train station
- All non-alcoholic beverages
- 20% discount for additional Spa treatments

### OVER 50 SPECIALISTS WORK AT CLINIQUE LA PRAIRIE

Medical consultations (neurology, rheumatology, cardiology, pneumology, dermatology, psychiatry, ENT, etc), general surgery, orthopaedic, gynaecology, plastic and reconstructive surgeries, nutrition, dietetics, physiotherapy, acupuncture and relaxation.



## BETTER SLEEP PROGRAM

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Do you suffer from fatigue, daytime sleepiness, sleepless nights, difficulties in falling asleep and daytime symptoms such as lack of concentration, memory loss or irritability? Up to 40 per cent of the general population complain about having sleep problems yet accept it as an inevitable condition. The clinic's Sleep Program can help you to solve your problems in only six nights.

### YOUR PROGRAM INCLUDES

- Five nights from Sunday to Friday including full board and non-alcoholic beverages
- One medical check-up: laboratory analysis, chest x-ray, ECG, abdominal ultrasound
- Daily follow up by the attendant doctor and nursing care
- Medical evaluation by a lung specialist
- Overnight respiratory polygraphy in your private room
- One ENT evaluation
- One neurological evaluation
- One psychotherapeutic evaluation
- One session of therapeutic hypnosis, relaxation techniques and learning about sleep hygiene
- One dietetic consultation and follow-up
- One personalised consultation at the Beauty Med Center
- Two 60-minute personal training sessions
- Group fitness and aquagym classes
- Access to the fitness center, swimming pool, sauna, steam room and vitality pool
- Limousine services from/to the airport or train station



# MASTER DETOX AND REVITALISATION PROGRAM

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## OUR PROGRAM INCLUDES

- 7 nights from Sunday to Sunday including full board
- Exclusive Clinique La Prairie Revitalization
- A medical check-up: laboratory analyses, chest x-ray, abdominal ultrasound, ECG
- Daily follow-up by the attendant doctor and nursing care
- 4 complete medical tests:
  - > Genetic test providing pathways to detox, nutrient absorption & elimination and potential cardiovascular risks
  - > Heavy metals screening to determine overexposition and recommendations
  - > Blood analysis with detailed results
  - > Tanita body composition test
- 3 dietician visits & tailor-made diet based on medical results
- Daily CLP Antioxydant concentrate juice & Swiss Detox infusions
- 8 Spa treatments:
  - > Cellular Detoxifying body treatment
  - > Visceral Manipulation Therapy
  - > Signature Massage
  - > Cellular Photostimulation Therapy
  - > Cellular Purifying Facial
  - > Reflexology
  - > Lymphatic drainage
  - > Cellular Detoxifying Body Wrap
- 1 personalized consultation in the Esthetic Medicine Center and Beautymed Center
- Unlimited access to the Spa, swimming pool, sauna, steam room & vitality pool
- Health Club access
  - > Fitness area
  - > 2 Outdoor activities in group (lakeside trainings)
  - > 1 sunrise Aerial yoga class
  - > 1 sunrise Yogalates class
  - > 2 Yoga classes (based on availability)



## BETTER SLEEP PROGRAM & REVITALISATION

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Do you suffer from fatigue, daytime sleepiness, sleepless nights, difficulties in falling asleep and daytime symptoms such as lack of concentration, memory loss or irritability? Up to 40 per cent of the general population complain about having sleep problems yet accept it as an inevitable condition. The clinic's Sleep Program can help you to solve your problems in only six nights.

### YOUR PROGRAM INCLUDES

- Six nights from Sunday to Saturday including full board and non-alcoholic beverages
- One medical check-up: laboratory analysis, chest x-ray, ECG, abdominal ultrasound
- Daily follow up by the attendant doctor and nursing care
- Exclusive Clinique La Prairie Revitalization
- Medical evaluation by a lung specialist
- Overnight respiratory polygraphy in your private room
- One ENT evaluation
- One neurological evaluation
- One psychotherapeutic evaluation
- One session of therapeutic hypnosis, relaxation techniques and learning about sleep hygiene
- One dietetic consultation and follow-up
- One personalised consultation at the Aesthetic Medical and Wellness Center
- One personalized massage
- One 60-minute personal training
- Group fitness and aquagym classes
- Access to the fitness center, swimming pool, sauna, steam room and vitality pool
- Limousine services from/to the airport or train station



## MEDICAL SERVICES

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Medical Center, 1815 Clarens-Montreux

T +41 21 989 33 50 F +41 21 989 33 98 E [medical.enquiry@laprairie.ch](mailto:medical.enquiry@laprairie.ch)

Medical Reception opening hours from monday to friday 8am - 6pm

### ANGIOLOGY

- Consultations
- Arterial and venous Doppler sonography
- Varicose vein and telangiectasis treatment

### CARDIOLOGY

- Consultations
- Preventive checkups
- Electrocardiogram
- Ergometry (stress test)
- Echocardiography
- Holter monitoring (24-hour ECG recording)
- Profilomat monitoring (24-hour blood pressure recording)
- Magnetic resonance imaging of the heart at rest and under stress

### COMPLEMENTARY PRACTICES

- Acupuncture
- Reflexology
- Lymphatic drainage

### CONSULTATION FOR OBESITY AND EATING DISORDERS

- Consultations with the specialized doctor
- Calorimetry
- Measuring of body composition through bioelectrical impedance analysis (Tanita®)
- Basic metabolism measurement by calorimetry

### DIETETICS

- Dietary assessment
- Obesity
- Metabolic disorders (diabetes, cholesterol, etc)
- Behavioral disorders
- Food allergies

### ENDOCRINOLOGY AND DIABETOLOGY

- General endocrinology consultations (thyroid, parathyroid, hypophysis, suprarenal glands, gonads, neuroendocrine tumors)
- Diabetology consultations
- Regular checkups

### ENT

- Endoscopic otolaryngology examinations
- Computer-assisted nose and sinus interventions
- Vertigo assessment (auditory evoked potentials and vestibulonystagmography) and therapeutic management
- Deafness: assessment, prosthesis fitting, interventions, vertigo
- Snoring: assessment, interventions
- Speech pathology disorders : screening and therapeutic management
- Early screening of upper aero-digestive tract cancers

### GENERAL SURGERY

- General surgery
- Abdominal endoscopic techniques
- Varicose vein removal

### LABORATORY

- Blood, urine and feces testing
- Specific, microbiological and immunological testing

### MEDICAL IMAGING CENTER

- Imaging (CT-scan, MRI)
- Conventional X-ray
- Digitalized mammography
- Bone densitometry
- Ultrasonography / Doppler sonography
- Interventional radiology
- Digital radiology
- Digital panoramic radiography
- Digital archiving

## MENOPAUSE AND GYNECOLOGY CENTER

- Gynecological and hormonal checkups
- Reproductive medicine assessments
- Transvaginal ultrasound
- Mammography
- Hysteroscopy
- Miscellaneous consultations
- Gynecological surgery
- Mastology and breast surgery
- Intimate aesthetic surgery

## NEUROLOGY

- Consultations with neurological examinations
- Consultations for memory disorders and evaluation testing
- Vascular extracranial and transcranial Doppler and carotid ultrasonography
- Sleep medicine and ambulatory polysomnography
- Phototherapy
- Ambulatory EEG for sleep disorders or epilepsy (24 hours)

## ORTHOPEDIC SURGERY

- Consultations
- Hip prosthesis surgery (minimally invasive anterior hip replacement)
- Knee prosthesis surgery (customized cutting blocks)
- Foot surgery (hallux valgus, deformities)
- Arthroscopy for all joints
- Ligament surgery
- Surgery of the vertebral column (spinal disc herniation, spondylitis)

## PHYSIOTHERAPY

- Post-operative rehabilitation
- Manual therapy, medical massages
- Electrostimulation
- Neurodynamics (mobilization)
- Treatment follow-up
- Restoration of musculoskeletal balance
- Stretching, muscle chain stretching
- Therapeutic pool heated to 32°C
- Functional and re-educational hydrotherapy
- Tecnobody® (posturographic platform)

## PNEUMOLOGY

- Complete pulmonary function testing
- Blood gas analysis
- Exhaled nitric oxide testing
- Bronchial provocation tests (Mannitol® and metacholine)
- Cardiopulmonary stress test
- Sleep consultation with respiratory polygraphy to detect sleep apnea
- Adaptation of continuous positive airway pressure (CPAP)
- Overnight oximetry
- Bronchoscopy
- Allergy testing
- Desensitization
- Tobacco cessation

## PREDICTIVE MEDICINE

- Consultations
- Genetic profiling

## PSYCHIATRY AND PSYCHOTHERAPY

- Evaluation and treatment of mental problems (depression, burn-out, anxiety, substance dependence, sleep disorders, etc.)
- Hypnotherapy
- Personal development

## PSYCHOLOGY

- Psychological evaluation and follow-up
- Hypnotherapy
- Sophrology therapy

## RHEUMATOLOGY

- Consultations
- Diagnosis and treatment of osteoarticular pains: arthrosis, backaches, muscular pain, tendon and ligament pain
- Management of inflammatory or autoimmune rheumatic diseases: rheumatoid arthritis, ankylosing spondylitis, targeted biological therapies, infiltrations
- Post-operative orthopedic rehabilitation
- Treatment of complex regional pain syndrome: algoneurodystrophy
- Outpatient care, analgesic infiltration
- Osteoporosis

