

# CLINIQUE LA PRAIRIE, SWITZERLAND: THE FUTURE OF HEALTH AND LONGEVITY IS (T)HERE *INTRODUCING THE REVITALISATION PLATINUM PROGRAM AT USD 130,000*

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'Clinique La Prairie: a bridge between  
the past, the present and the future'.

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By the marina of Clarens. The Revitalisation Platinum program includes a boat ride on Lake Lemman as part of a few exclusive activities to make the most of your stay.

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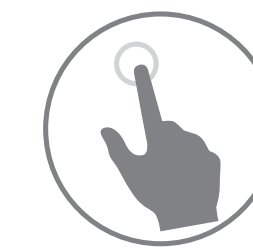
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## Health betterment and life extension are no longer a matter of sci-fi.

Although technological and scientific advances cannot yet transform immortality into reality, at least it makes it possible to influence how long and how well we can live.

And that alone is excellent news...and within everyone's reach thanks to Clinique La Prairie new Revitalisation Platinum program. Everyone, that is, who stays at the flagship Montreux Swiss destination.

Clinique La Prairie has indeed been at the forefront of health and longevity research since 1931 when Dr Paul Niehans founded it. True to this legacy, Clinique La Prairie is a leading longevity clinic that integrates medical facility, pioneering wellness methodology and 5-star hospitality into one destination by the shore of the Lemman lake in Montreux.

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LA PRAIRIE: THE  
DESTINATION FOR  
DISCERNING INDIVIDUALS  
WHO PRIORITIZE THEIR  
LONGEVITY**





The Revitalisation Platinum Program offers the most comprehensive health check-up ever offered and it includes a full epigenetic assessment as one of many other reports about your health.

Clinique La Prairie masters how to apply longevity programs and technologies to anti-ageing – prevention and solutions; so much so that its core philosophy is encapsulated in one acronym: the CLP Longevity Method™. It is based on a four pillars holistic approach combined with genetics and epigenetics (the latter is the “*study of how your behaviours and environment can cause changes that affect the way your genes work. Unlike genetic changes, epigenetic changes are reversible and do not change your DNA sequence, but they can change how your body reads a DNA sequence*”, explains the CDC in their Genomics & Precision Health report).

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Nutrition equals pleasure under chef David Alessandria.



Caring for the mind, body and spirit, the four pillars are nutrition, movement, wellbeing and medical insights. They conjointly aim at slowing down cell senescence, reducing chances of chronic diseases, and guiding health choices.

In other words, the Clinique La Prairie longevity method claims *“to help you live fuller, healthier and longer”*. This is not an empty promise.

In the peace and comfort amidst the lake and the Alps, a team of 50 leading medical specialists ensures exceptional diagnosis precision and follow-up, in collaboration with the clinic’s holistic experts; “Meilleur Ouvrier de France” and chef David Alessandria supervises the restaurant and a beehive of dedicated assistants cater to every client’s questions and needs.

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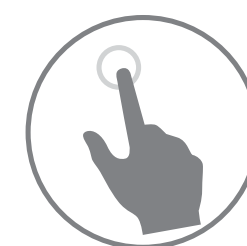


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The vast Clinique La Prairie Resort in Montreux bridging the past, present and future over several innovative buildings.



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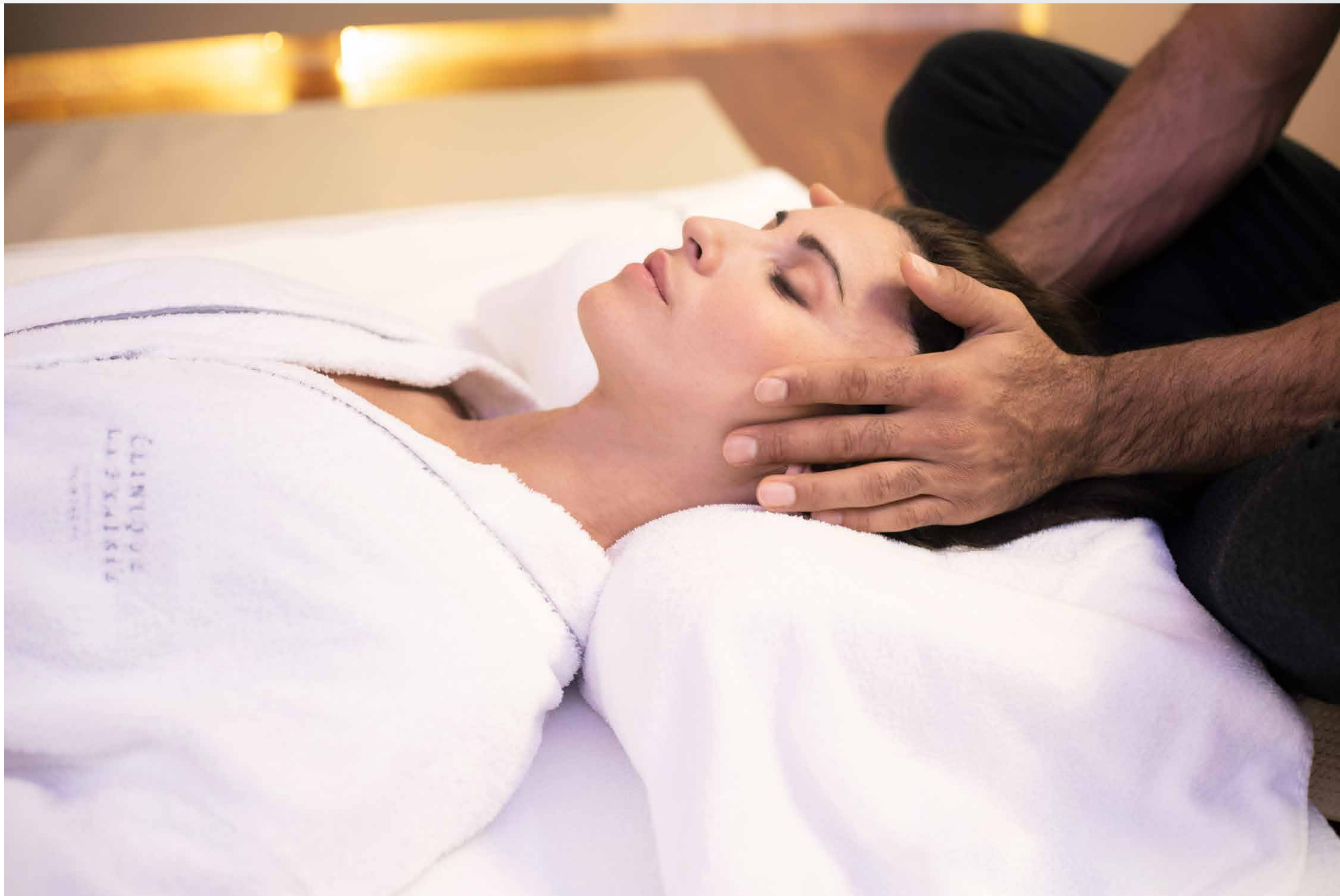


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The importance of the connection between mind and body: the wellbeing massage.

When it comes to planning a stay, one can choose from a well-thought range of longevity programs over 5 to 14 days. From Master Detox programs, Healthy Weight programs, via Aesthetics & Regenerative medicine to Revitalisation programs, no stone has been left unturned.

Enter Clinique La Prairie new Revitalisation Platinum program – a step up from the already-iconic Revitalisation and Revitalisation Premium programs.

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The week-long Revitalisation Platinum program is designed to stimulate immunity, fight oxidative stress, boost cellular rejuvenation and improve one's global metabolism. Emphasis on 'global'.

*"Our holistic approach to preventative medicine means that each element of Revitalisation, from CLP Extract and DNA analysis to our wellness techniques and what you have for lunch, has the same goal of giving you a better, healthier, longer life", the team shares. "More specifically, within that goal, we have four objectives: regenerate, rejuvenate, bolster immunity and rebuild the highest physical and mental potential".*

A cutting-edge DNA predictive testing is exclusive to Revitalisation Platinum, pushing back the boundaries of medical excellence. It is an advanced "medically actionable" genetic testing complete with genetic counselling, that allows experts to identify specific genetic mutations or variations that are associated with an increased risk of over 80 diseases or conditions. The results can help guests take proactive steps to reduce these risks and to make informed decisions about an actionable medical for prevention and treatments.

90 years of research backs this all-encompassing strategy and can count on breakthrough solutions such as Clinique La Prairie game-changing DNA-testing mentioned above, the renown CLP extract, the CLP Cellular Genomic REV FFS1-5 Activator (five nutraceuticals that promote cell stimulation), or the HP-Cellular Active (an organic plant-based anti-oxidant). Plus dental care, skin cellular energy, body composition, chest x-ray, abdominal ultrasound, electrocardiogram...

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Is it a spaceship, a portal to heavens? The swimming pool at Clinique La Prairie, Montreux.



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Rooms and suites with a view and upmost comfort – bedroom and living room of the Niehans Suite.

'Global' also rests on the fact that mind and body are linked, and that an undiagnosed issue with a tooth can lead to further heart, gut and / or posture problems. Hence, Revitalisation Platinum equals the fullest check-up ever made.

Naturally, the wellbeing chapter of the Revitalisation Platinum program extends to offering a 5-star service; starting with a 24/7 bespoke follow-up and assistance, access to a personal chef for the entire stay and to memory-making activities (private boat tour, getaway by hot air balloon, helicopter tour and scenic flight). The Clinique La Prairie is a home away from home, yet it is much better.

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### Bring Clinique La Prairie's longevity expertise at home

Holistic Health AGE-DEFY is the clinic's pioneering supplement, available in retail. Expert-validated, Swiss made, GMO-free and vegan formulas, as you would expect from a clinic that emphasises the health benefits of a broadly plant-based diet. AGE-DEFY distils, in pill form, the clinic's top-end holistic approach to managing ageing and longevity. The morning supplement is built using a unique combination of ingredients that support immunity, among them a patented nutrient-dense compound of beta-glucans and minerals, and a highly bioavailable curcumin complex. The evening routine targets cell regeneration and anti-inflammation, with 17 ingredients. Among the powerful ingredients: Cavacurmin. Ashwaganda, Astragalus, BetaVia compound, Spermidine and Fixentin which supports slower cellular senescence.

E-shop on [www.cliniquelaprairie-hh.com](http://www.cliniquelaprairie-hh.com)

For a chance to experience the world-champion Revitalisation Platinum program, priced at USD 130,000 in the uber luxurious Imperial Suite, there is only one address: Clinique La Prairie at rue du Lac 142, 1815 Clarens-Montreux, Switzerland. You can contact the guest team at [reservation@laprairie.ch](mailto:reservation@laprairie.ch)

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