

FINANCIAL TIMES

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# How to spend i.

## THE NEW GLAMOUR

*Perfect party dresses,  
sensational food  
and far-flung adventures*





# UNLOCKING THE SECRETS OF YOUR DNA FOR VITALITY AND WELLBEING



## Clinique La Prairie, one of the world's most pioneering medi-spas, utilises the latest advances in diagnostic testing for improved health outcomes

Never was a health and wellness retreat better situated. Home to the fabled Clinique La Prairie, the small Swiss lakeside town of Clarens affords a view of Lake Geneva and the Alps that's a tonic in itself.

Famous for its exclusive cures and treatments, which have attracted opinion leaders, movie stars and royalty to this idyllic stretch of the Swiss Riviera over the past nine decades, Clinique La Prairie has not only become a byword for luxury and exclusivity but increasingly for scientific innovation and clinical excellence. The medi-spa is synonymous with its oldest and most famous cure, Cellular Revitalisation Therapy, which has been administered, honed and perfected at the clinic since it was first pioneered by Professor Paul Nihans in 1931.

Longevity is the promise of the signature Revitalisation programme, as it is with Clinique La Prairie's other carefully crafted health and well-being programmes, such as Master Detox and Weight Loss System. The clinic's dedication to modern medical science is reflected in its partnership with a Swiss genetic testing facility to deliver exclusive diagnostic analyses of their clients' DNA.

Dr Adrian Heini, a specialist in preventative medicine who has worked at Clinique La Prairie for two decades, explains, "With our partner laboratory Gene Predictis, we search for a selection of factors, many of which are related to ageing, as well as a patient's predisposition to inflammation, cardiovascular disease and even their susceptibility to cancer. If a condition is present, this leads to better and earlier management."

In pioneering the science of longevity and its unique, holistic approach to vitality and wellbeing, Clinique La Prairie has not only earned its well-deserved reputation, it has unlocked the secrets of living a longer, better and healthier life.

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*Bottom: Clinique La Prairie has unlocked the secrets of living a longer, better and healthier life*



CLINIQUE  
LA PRAIRIE  
SWITZERLAND