

lifestyle

text
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Alpine Self-Care

Take a wellness retreat in a renowned health resort in Switzerland to relax and rejuvenate amidst pristine nature.

Switzerland is known for its spas and wellness resorts, so much so that Hollywood stars used to disappear for a discreet wellness retreat there and emerge looking thoroughly refreshed. Since the turn of the 20th century, its wellness industry has catered to discerning medical wellness tourists. The Swiss tourism board even advertised Switzerland as the sanatorium of the world in the 1940s.

Thanks to unspoilt alpine views, clean air and water, and thermal springs known for their curative properties, the number of resorts and guests have mushroomed. These typically combine a hotel, a health spa, medical facilities, restaurants and bars set high up in the mountains or somewhere with stunning lakeside views.

Swiss resorts uniquely blend luxurious pampering with high standards of innovative medical care

for wellness programmes, aesthetic treatments and comprehensive medical check-ups. The best part about the country is the ease of connectivity – most resorts are less than an hour away from the airport. Plus, Switzerland is a VTL-designated country and doesn't require pre-departure or on-arrival testing (at print time).

CLINIQUE LA PRAIRIE

Located in Montreux with a view of the Alps on the shores of Lake Lemman near the vineyards of Lavaux, the ultra-luxurious Clinique La Prairie was founded in 1931 by Professor Paul Niehans, a pioneer in the science of longevity. Over the years, the resort has established itself as a world-renowned medical clinic with five-star hospital facilities, advanced medical equipment, and a medical team of over 50 specialists.

Enhanced in 2021 for the clinic's 90th anniversary, the signature one-week Revitalisation programme includes DNA testing and a comprehensive medical assessment by a doctor. A unique approach to longevity includes treatments focused on metabolism, inflammation, anti-ageing, and strengthening the immune system.

On top of the proprietary CLP Extract, honed over the decades, guests get two new supplements developed by life science experts. This is complemented by customised anti-inflammatory menus designed by dieticians for gut health, stress reduction therapy, and IV infusions for mind and body well-being. Anti-ageing facials at Clinique La Prairie's award-winning spa are included in the stay for fans of the skincare brand.

Also available are alternative medicine, specialist medical consultations, surgery, and centres for aesthetics, dentistry and sleep. The stem cell facial, which uses your stem cells to rejuvenate your skin, is one of the most popular aesthetic treatments.

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