

CLINIQUE
LA PRAIRIE

SWITZERLAND

CLINIQUE LA PRAIRIE
TRANSFORMATIVE JOURNEY TO
LONGEVITY, HEALTH AND FULFILLMENT

Olga Donica
Lifestyle Innovation Day
April 2024





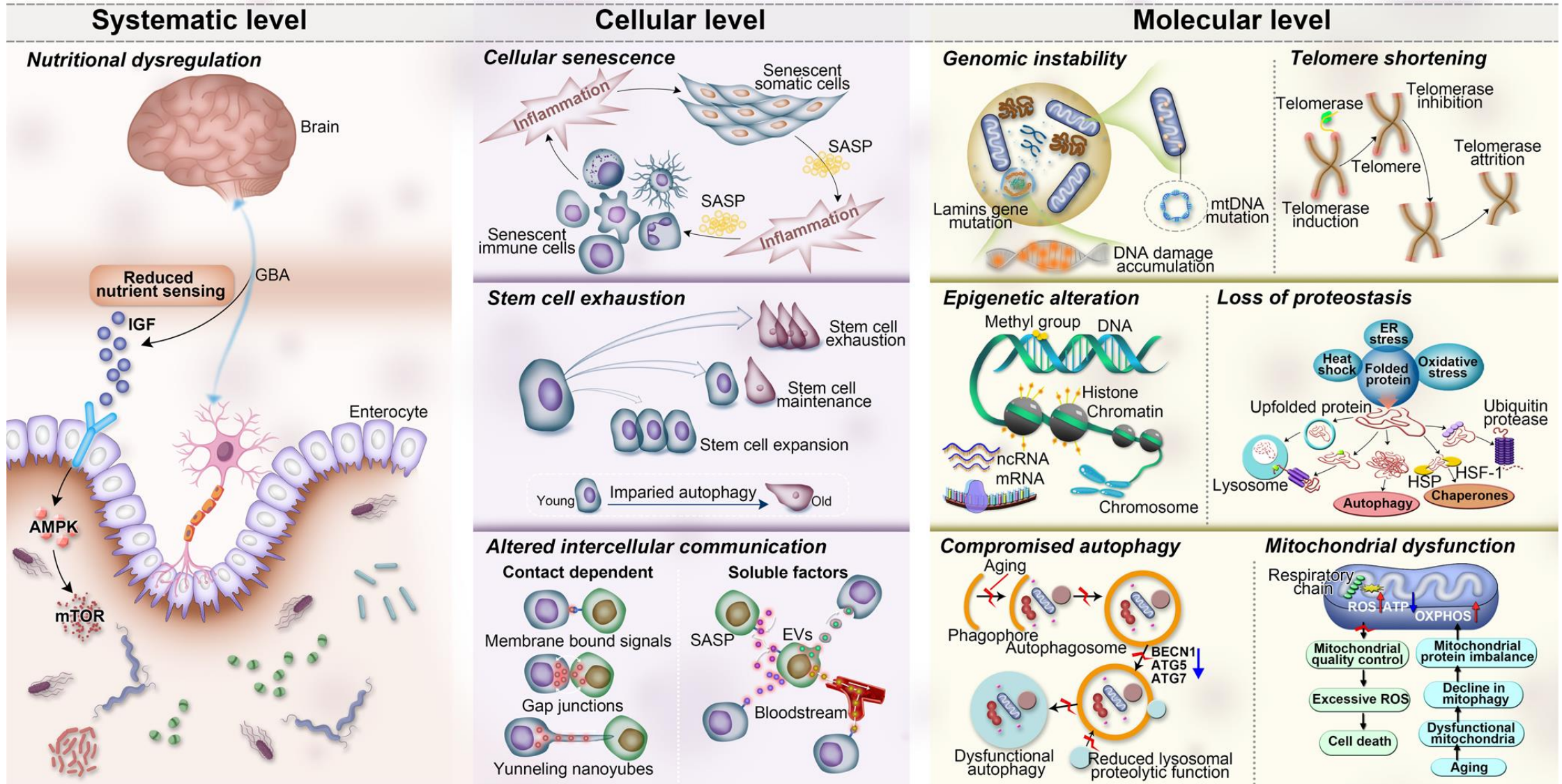
Since 1931

**DR PAUL NIEHANS WAS A FAMOUS SWISS SURGEON,
SPECIALIZED IN REGENERATIVE MEDICINE, AND A
PIONEER IN LONGEVITY.
HE DEVELOPED CELLULAR THERAPY.**

Breaking through the boundaries in health & wellbeing, leading to transformative concepts and methods to live longer, healthier and fuller, the legacy of innovation has continued over 90 years.

Biologically speaking, what is aging?

And what does the latest research tell us about the possibility of discovering the elusive “fountain of youth”?



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CLINIQUE LA PRAIRIE
The journey of Longevity transformation

CLINIQUE LA PRAIRIE A TRANSFORMATIVE EXPERIENCE

- **One-week programs** offer with the most personalized holistic and preventative approach:
 - a full diagnosis and assessment of health at the beginning of the stay
 - exclusive science-backed treatments & technologies
 - sensibilization, education and advice to change your lifestyle in the long term
 - follow-up with our experts from our 4 pillars
- **Exceptional location setting** and service with 5 dedicated people per guest in average

We accompany our clients through their entire health journey

INTERNATIONAL FOLLOW-UP THROUGH OUR ECOSYSTEM

Heath Resorts (Montreux & Anji)

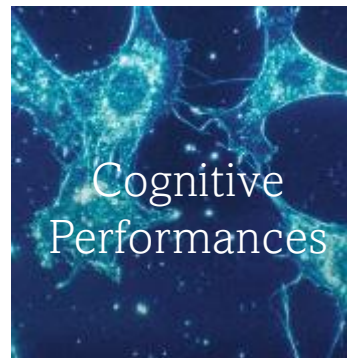
Longevity Hubs

Longevity supplements
(Holistic Health)

Our offers: signature programs

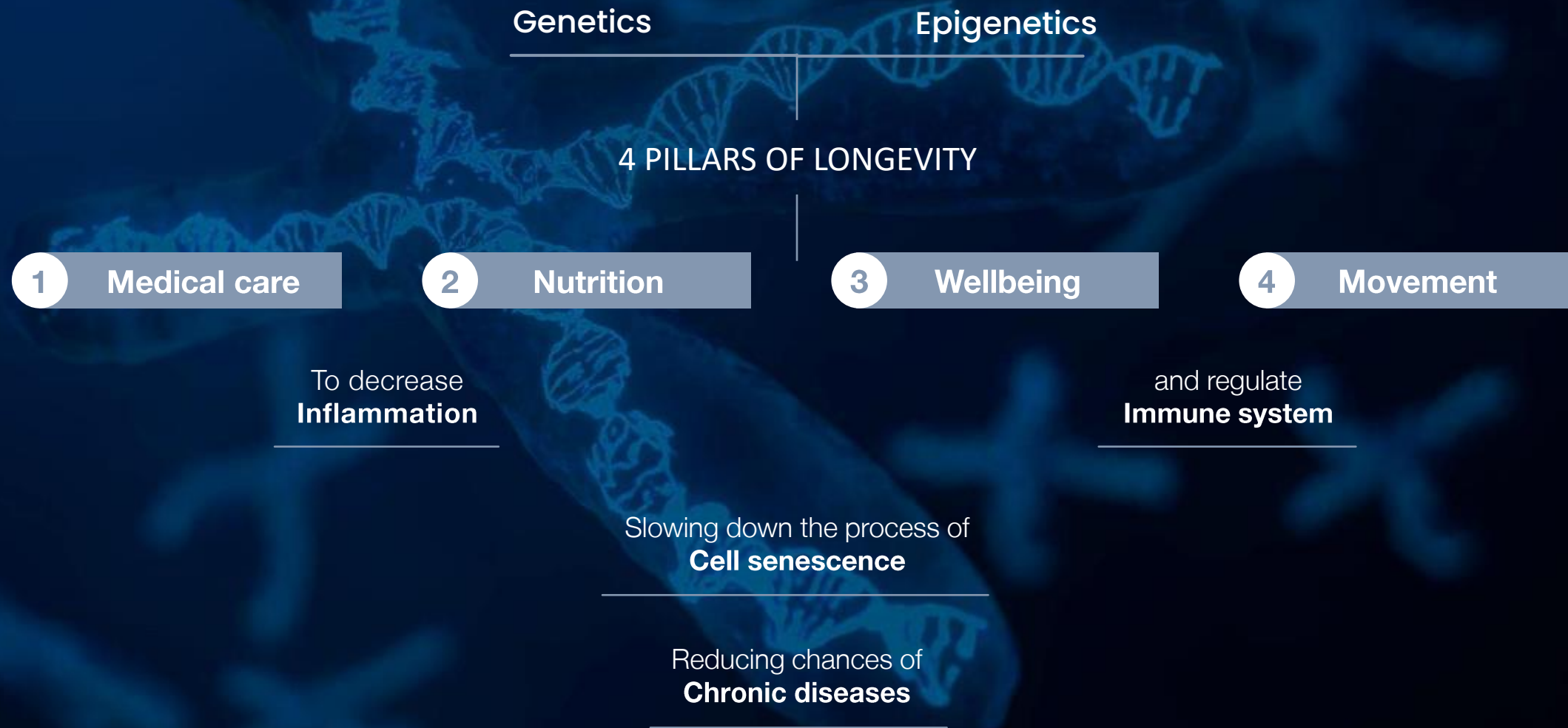
Exclusive one-week programs with a rigorous medical approach to improve one's health

PROGRAMS OFFERING THE MOST PERSONALIZED, HOLISTIC AND
PREVENTATIVE APPROACH TO LONGEVITY



Science & innovation

The CLP Longevity Method™ is based on a holistic and preventive approach anchored in our four-pillar philosophy



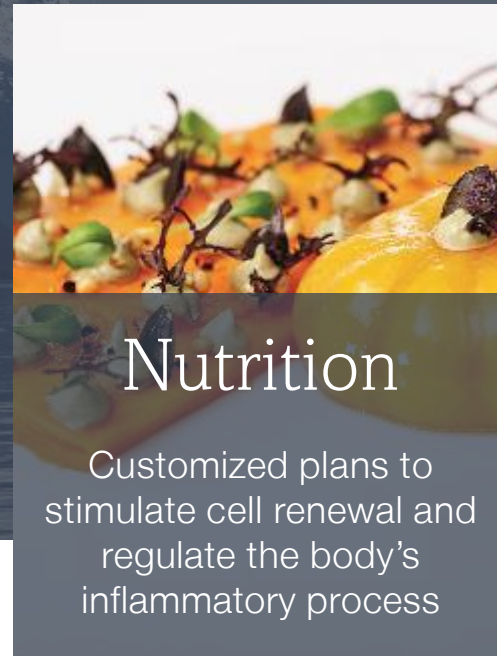
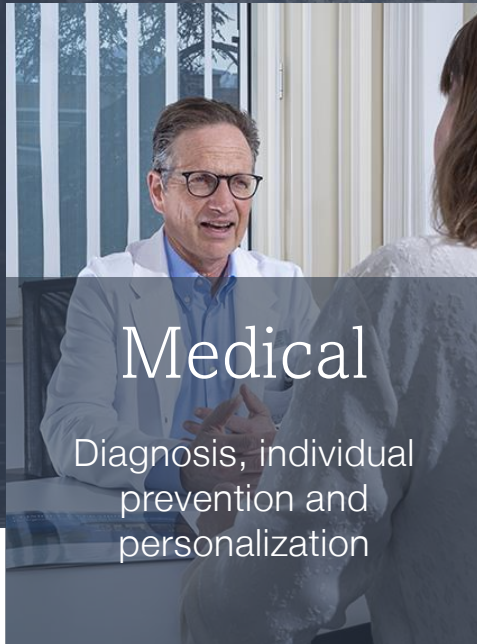
Enhancing healthspan and lifespan

Exclusive copyrights Clinique La Prairie

Tailored intervention

An exclusive approach combining our 4 holistic pillars

CUTTING-EDGE MEDICINE COMBINED WITH BESPOKE LIFESTYLE AND NUTRITION PLANS, SHIFTING THE WHOLE-BODY AND AGING PROCESSES IN FAVOR OF REGENERATION AND REJUVENATION





1.

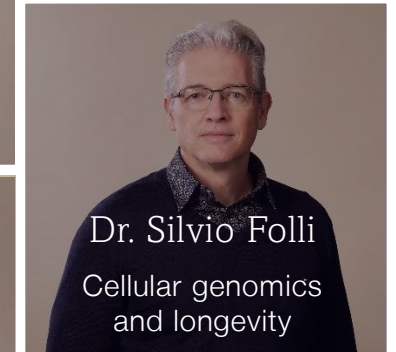
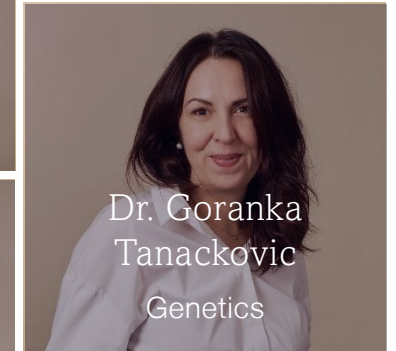
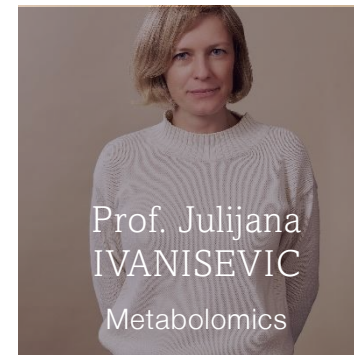
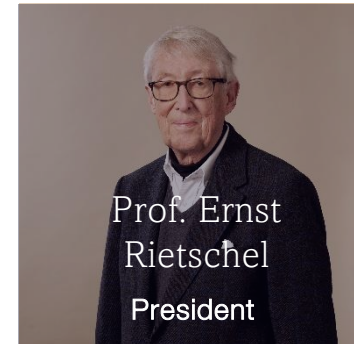
A FULL-FLEDGED MEDICAL CENTER & DEDICATED MEDICAL TEAM

- 50 medical specialists
- Surgical departments
- 3 operating rooms
- 20 post-surgery rooms

A wide range of medical and paramedical fields to meet the physical and psychological needs of our guests.

2. AN INDEPENDANT SCIENTIFIC COMMITTEE

- Beyond our dedicated medical team, an internationally renowned team of researchers and experts in precision medicine, nutrition, biochemistry, immunology, genetics, pharmacology and metabolomics.
- Continuous research in various fields of biosciences:
 - Product development and launch to optimize clinical support
 - To determine how these innovations can be used to promote longevity and contribute to diverse prevention therapies.



Science & innovation

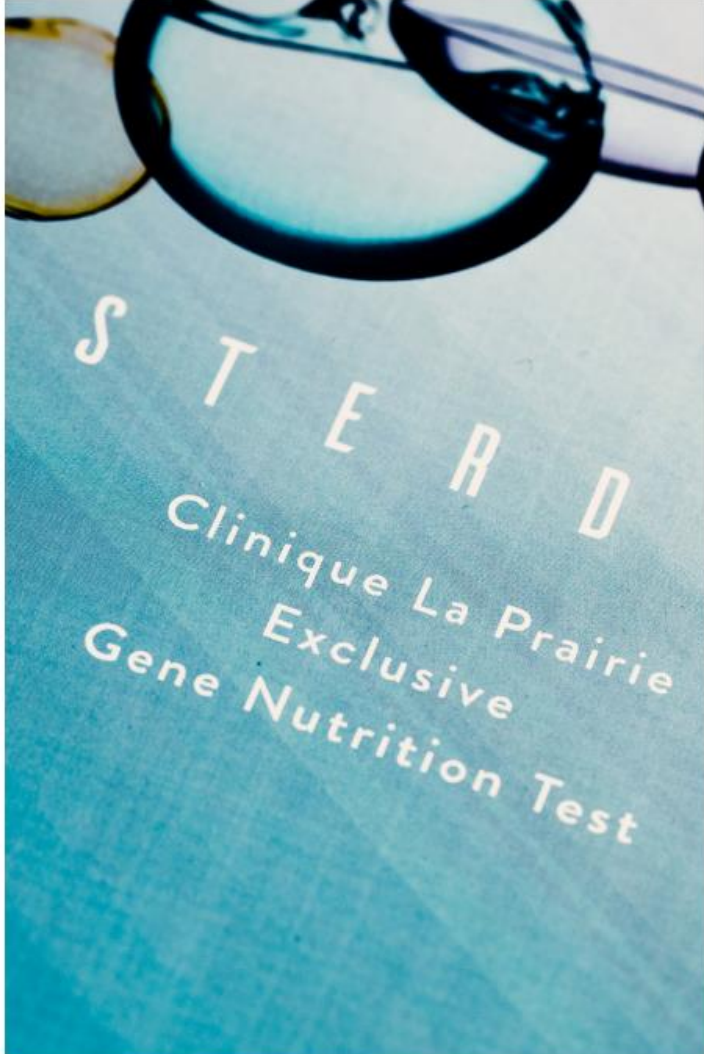
At the forefront of innovation: Life Science division



3.

THE MOST ADVANCED TECHNOLOGIES

- Continuous research to offer our guests the most advanced solutions and technologies
- All selected technologies adhere to Swiss standards of excellence
 - Advanced Clinical biochemistry
 - Genetic Screening
 - Epigenetic Screening
 - DNA Microbiota Assessment
 - Advanced Imaging
 - Continuous monitoring devices



Knowledge of our own genetics stimulates us to adopt appropriate healthy lifestyle

The science of Genetics at Clinique La Prairie:

- ❑ Allows to establish a highly personalized follow-up for its clients, as well as to propose them a highly personalized disease prevention.
- ❑ These tests are based upon proprietary algorithms and target complex diseases or complex traits that are determined at the same time by one or multiple genetic variants and the environment

Actionable preventive treatments

Your epigenetics and genetic makeup go hand-in-hand, and while we can't change our genetics, epigenetic is dynamic and modifications can actually affect how your genes are expressed along with your aging process.

Epigenetic processes are closely linked to wellbeing, aging and diseases, and are affected by our environment and lifestyles.

Measurement of the biological age can help you keep track of your progress in combination with regular check-ups and tailored health interventions at Clinique La Prairie

BIOLOGICAL
AGE IS
ACTIONABLE
AND
REVERSIBLE

CLP
scientific
publication in
collaboration
with CHUV to
define Brain
health model

Neuroscience and Biobehavioral Reviews 153 (2023) 105365

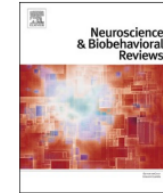


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Maintaining brain health across the lifespan

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ABSTRACT

Across the lifespan, the human body and brain endure the impact of a plethora of exogenous and endogenous factors that determine the health outcome in old age. The overwhelming inter-individual variance spans between progressive frailty with loss of autonomy to largely preserved physical, cognitive, and social functions. Understanding the mechanisms underlying the diverse aging trajectories can inform future strategies to maintain a healthy body and brain. Here we provide a comprehensive overview of the current literature on lifetime factors governing brain health. We present the growing body of evidence that unhealthy alimentary regime, sedentary behaviour, sleep pathologies, cardio-vascular risk factors, and chronic inflammation exert their harmful effects in a cumulative and gradual manner, and that timely and efficient intervention could promote healthy and successful aging. We discuss the main effects and interactions between these risk factors and the resulting brain health outcomes to follow with a description of current strategies aiming to eliminate, treat, or counteract the risk factors. We conclude that the detailed insights about modifiable risk factors could inform personalized multi-domain strategies for brain health maintenance on the background of increased longevity.

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Most advanced clinical
approach to maximize
brain health and brain
performance



BRAIN POTENTIAL PROGRAM



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THE ULTIMATE
LONGEVITY SUPPLEMENTS

THE MOST ADVANCED LONGEVITY SUPPLEMENT EVER DEVELOPED

Immunity & Regeneration



AGE-DEFY
Immunity
Regeneressence

Daily Wellbeing



BALANCE
Essential Wellbeing
Rest & Reset

Energy Boost



ENERGY
Focus
& Performance

Detox



PURITY
Daily
Detox

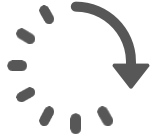
COMPLIMENTARY ROUTINES

Support through the year, according to each individuals needs

Our mission
All about longevity



HOW DO WE DELIVER OUR LONGEVITY METHOD TODAY?



DURATION :
7 days, 6 nights from Sunday to Saturday



FOLLOW-UP 7 DAYS :
Same doctor
Same nutritionist
Same PT
Same therapist
Same guest relations person



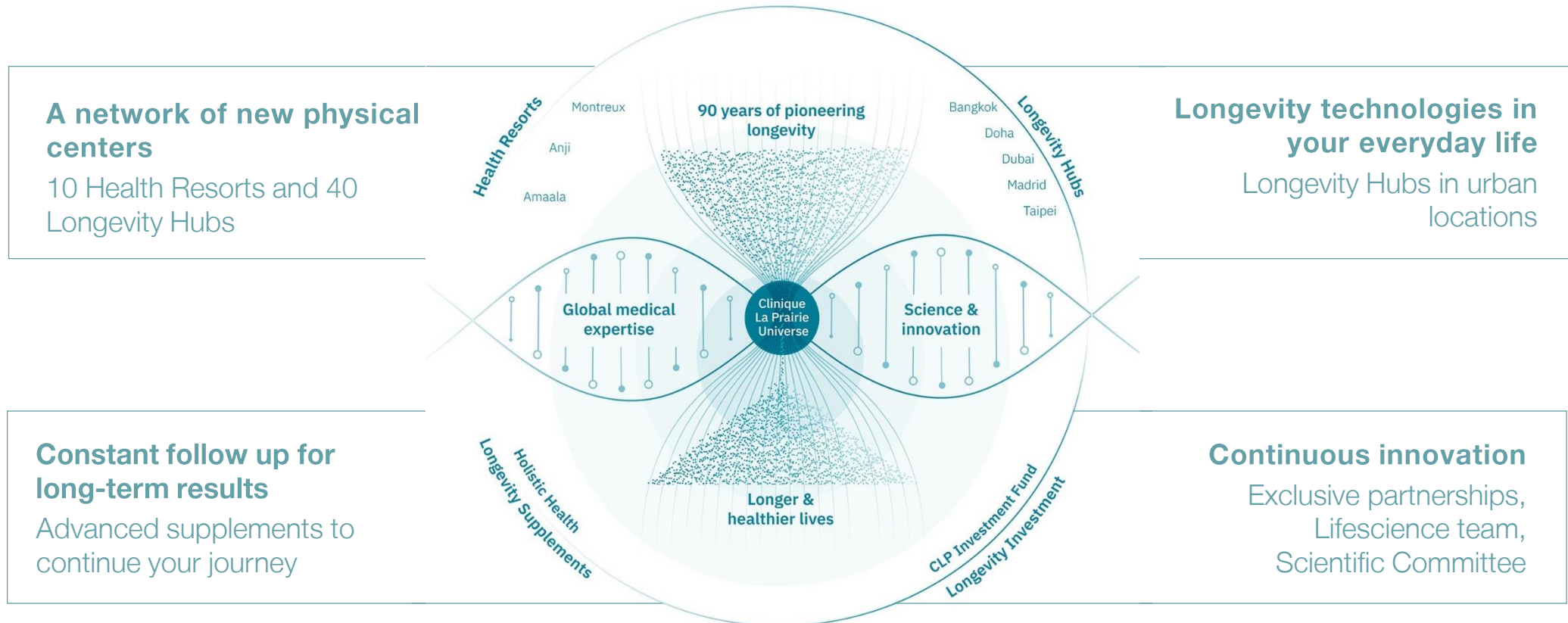
COMPREHENSIVE ASSESSMENT :
Extensive medical, nutritional, mental and physical evaluation

INDUCTION WEEK

WE CREATE BONDS AND COMMITMENT

PERSONALIZATION/INDIVIDUALIZED INTERVENTION

WE ARE COMMITTED TO BUILD A CONSUMER CENTRIC ECOSYSTEM MADE OF PLACES, SERVICES, TECHNOLOGIES AND PRODUCTS, DEDICATED TO HEALTH & WELLNESS





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ANJI, CHINA
OPENED APRIL 2024





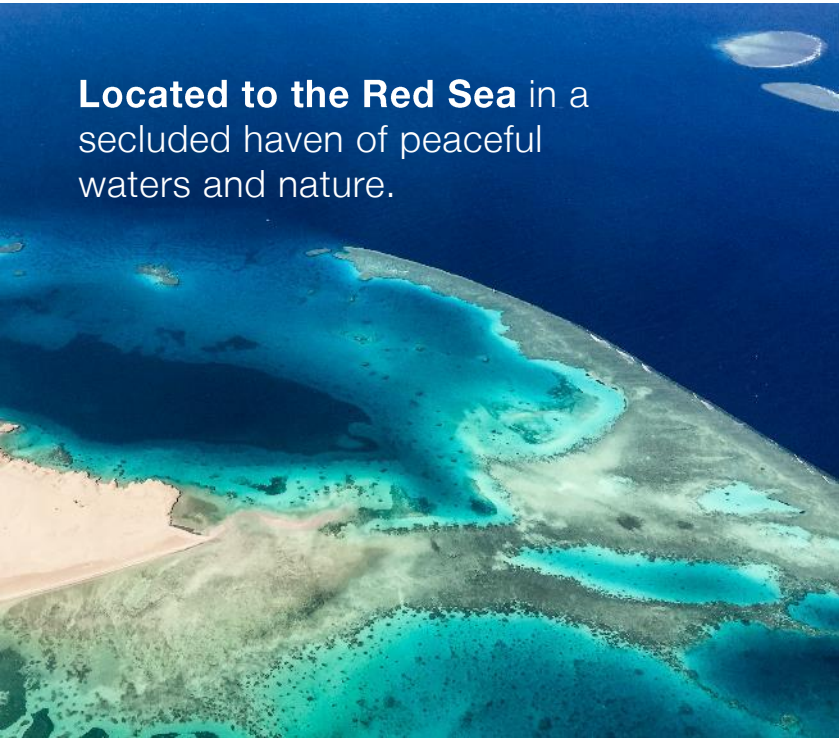
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AMAALA, SAUDI ARABIA
OPENING 2025

CLINIQUE LA PRAIRIE AMAALA

Located to the Red Sea in a secluded haven of peaceful waters and nature.



The resort features luxury Residences and suites, built around a core building that houses the Medical Pillar, the Wellbeing Pillar, the Movement Pillar and the Nutrition Pillar, as well as masterclass lounges and all world-class wellness and hospitality facilities.



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LONGEVITY
HUBS

Longevity Hubs

Dubai, United Arab Emirates, One & Only One Za'abeel – Opened March, 2024







Longevity Hub by Clinique La Prairie
Madrid, Spain



Longevity Hub by Clinique La Prairie
Bangkok, Thailand St. Regis Bangkok



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SWITZERLAND

Clinique La Prairie world

UNLOCK THE WORLD OF A FULLER LIFE,
AND STEP INTO A DIFFERENT FUTURE