

L O N
G E V
I T Y

LONGEVITY HUB
BY CLINIQUE LA PRAIRIE

ONE&ONLY ONE ZA'ABEEL
DUBAI

Welcome to Longevity Hub
by Clinique La Prairie.

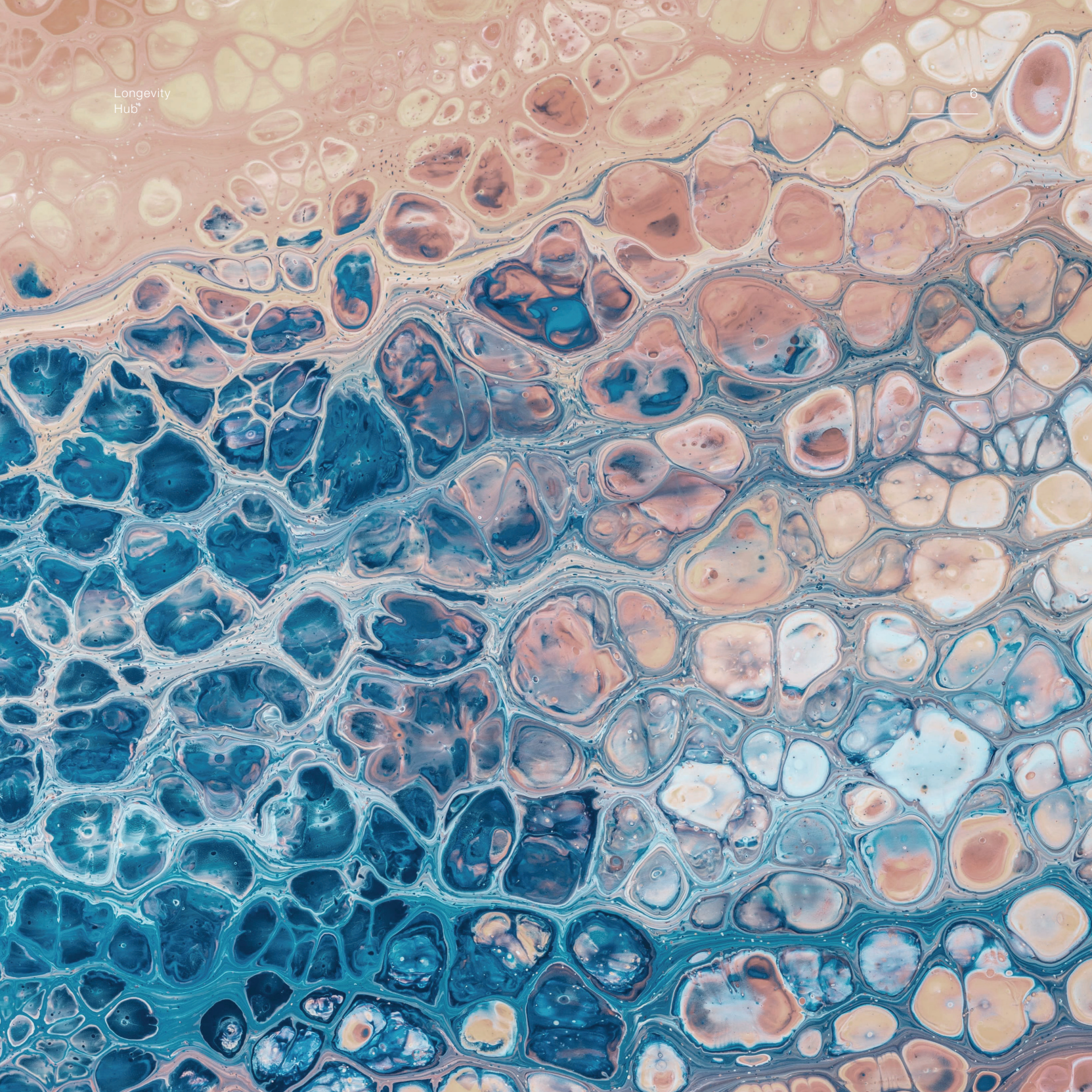
Within our exclusive environment, we combine
transformative health science with pioneering
wellbeing and aesthetic solutions.



HYPER-PERSONALIZED PROTOCOLS TO OPTIMIZE YOUR HEALTH

LONGEVITY, WELLBEING, AESTHETICS

From individual treatments to bespoke health journeys, we enable you to embrace Longevity to maximize health, performance and physical appearance, so you can always be the best version of yourself.



CLP Longevity Protocol

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Therapies

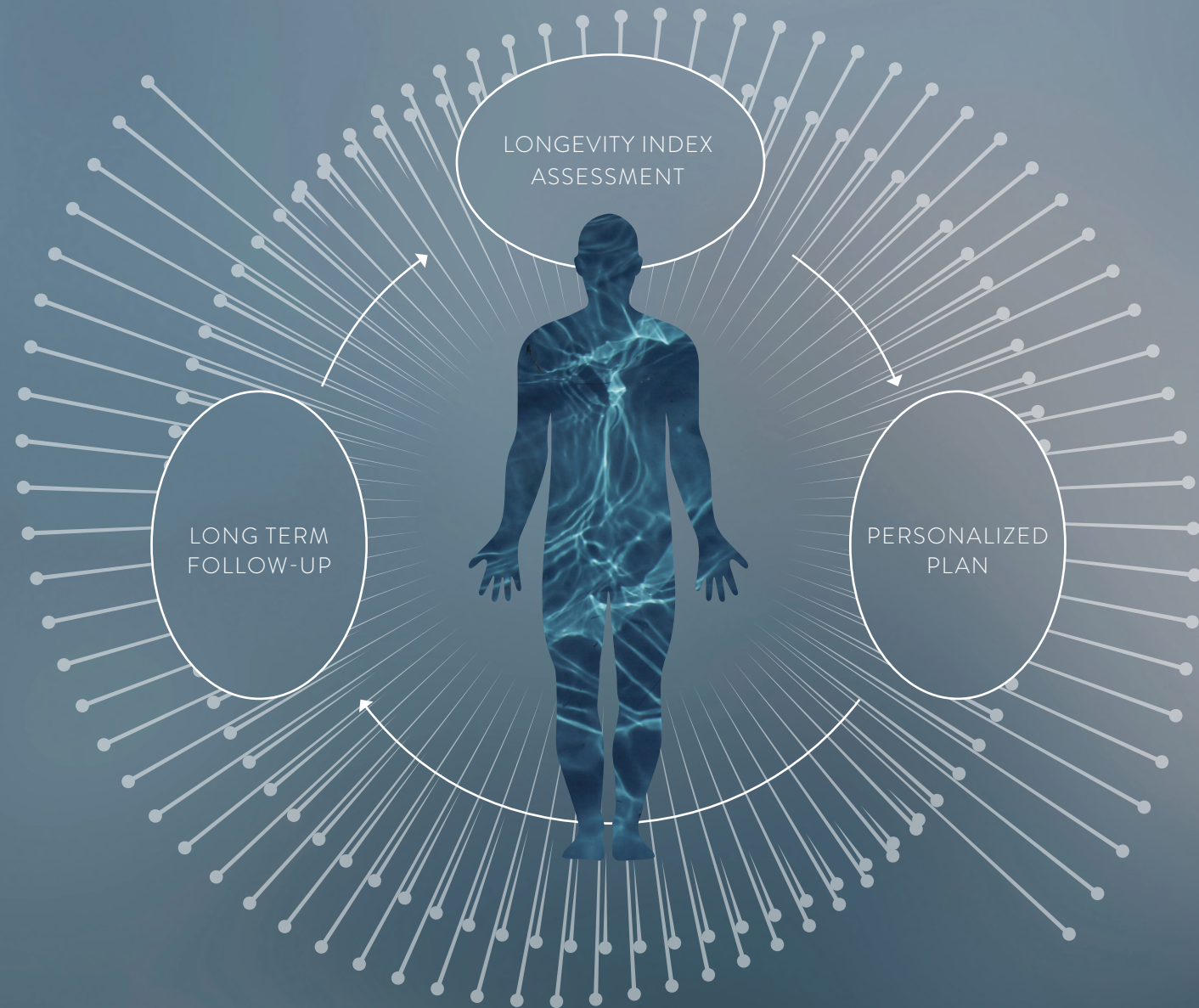
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CLP Longevity Protocol

→ What it's about

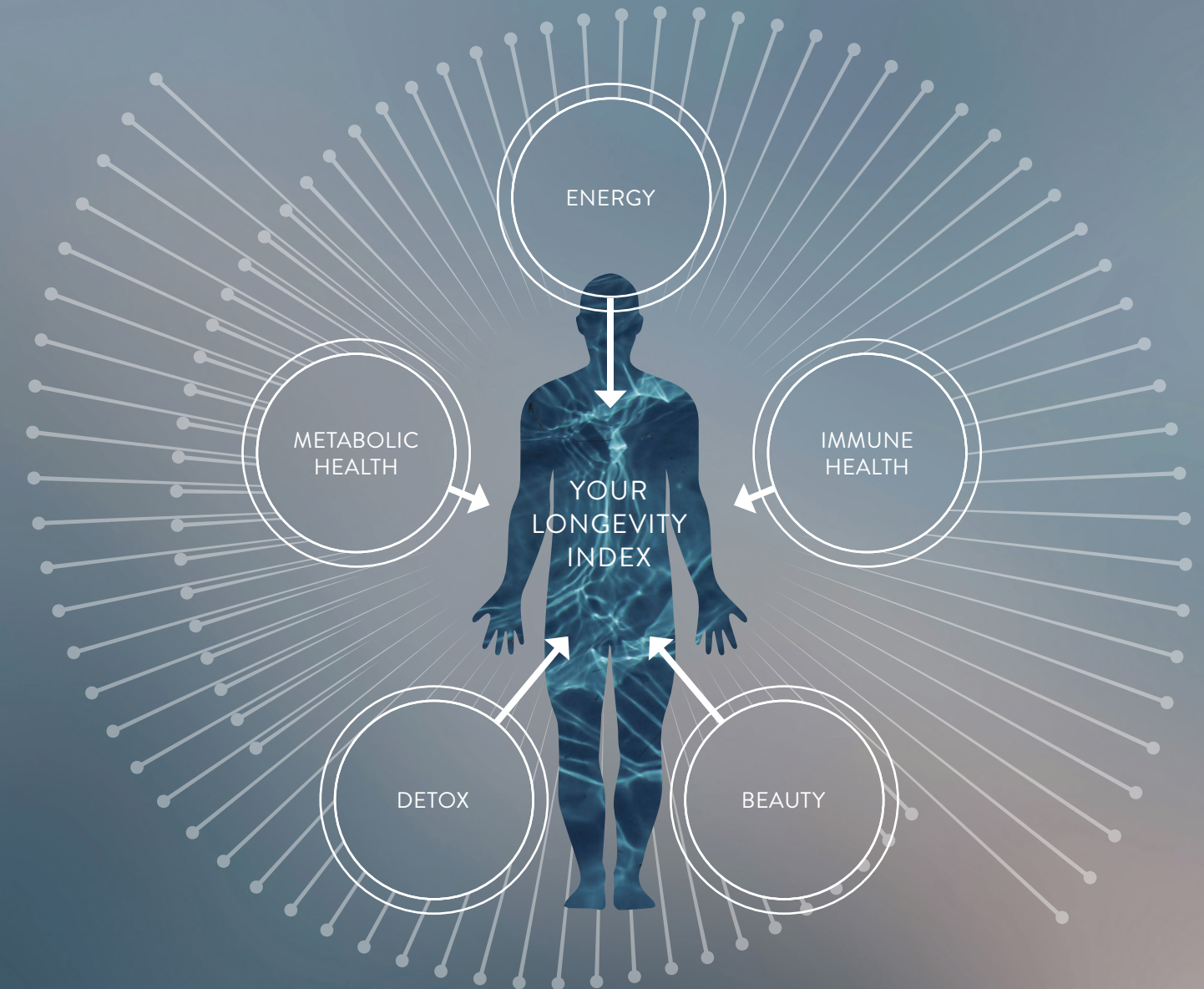
This uniquely tailored approach is our foundation and the key to unlocking longevity and lasting wellbeing.

Your definitive wellness journey begins here.

CLP Longevity Protocol

→ Proprietary Longevity Index

For its Longevity Hubs, Clinique La Prairie has created Longevity Index which analyzes several aspects of your current inside-out health and provides your very unique expert-led profile to diagnose exactly why you need a holistic lens that is central to the personalization of your therapies.



Therapies:

▸ Longevity Solutions

Cryotherapy

Cryotherapy is the science of exposing the body to sub-zero temperatures for a short period of time. The body reacts by activating the innate repair system, boosting energy, generating collagen production and releasing endorphins.

BENEFITS:   

Far Infrared

This technology uses long infrared rays to detoxify the body, as well as aiding relaxation, muscle recovery and slimming, and boosting the immune system.

BENEFITS:   

*In addition to Far Infrared for your body, we will provide for your face light and plasma therapy either red, blue or green depending on your targets.

RED LIGHT THERAPY*: This therapy increases collagen formation, skin repair & renewal; it can reduce scar tissue and supports wound healing.

BENEFITS: 

GREEN LIGHT THERAPY*: This therapy acts to relieve stress, it has antibacterial properties and builds muscle and bone.

BENEFITS:   

BLUE LIGHT THERAPY*: This therapy has a positive influence on eczema/psoriasis; it can reduce acne, and has positive effects on anti-sebum production.

BENEFITS:  



Therapies:

→ Longevity Solutions

IV Drip

An intravenous drip that delivers nutrients directly into the bloodstream. There are four signature CLP blends which contain a carefully selected combination of essential vitamins, minerals and antioxidants to target your specific needs.

BENEFITS:    

Neuro Wave Stimulation

This acoustic and vibrational therapy is guided by technology that trains the brain to let go and succumb to deeply calming techniques, enabling even the busiest of minds to enter a deep state of relaxation. As with meditation, specific sounds slow down mental activity, while vibration frequencies target the body's energy centers.

BENEFITS:  

Therapies:
→ Longevity Supplements Holistic Health

Our supplements go beyond basic wellness support, to target the complexities of health and aging mechanisms.

Specific nutrients and plant bioactives slow down, and partially reverse aging pathways such as genomic instability, preserving mitochondrial function, improving nutrient sensing, and impacting other aspects of cellular integrity.



Building on over 90 years of research and clinical practice, Clinique La Prairie of Life Science experts have identified five fundamental pillars of balanced holistic wellness — Immunity, Stress management, Anti-Inflammation, Rejuvenation and Cellular Longevity — harnessing the most powerful bioactive compounds with a proprietary formula found in our advanced Holistic Health Supplements.

Age-Defy:
Regeneressence
& Immunity
Supplements

Balance:
Essential Wellbeing
& Rest and Reset
Supplements

Purity:
Supplements

Energy:
Focus & Performance
Supplements



Wellbeing therapies: → Face

Cellular Perfect Lifting

Inspired from advanced medical techniques, this five-step lifting treatment acts on a multidimensional level to target signs of ageing. It offers spectacular immediate lifting and firming results, while promoting cellular renewal. Skin is intensively rejuvenated; face contour is remodelled; wrinkles are smoothed away.

BENEFITS: 

Cellular Men's Total Repair

This deep cleansing and rejuvenating facial has been specifically designed to revitalize men's skin against ageing. A real boost of energy for skin functions, it purifies, soothes, and erases signs of fatigue for a fresh and radiant complexion.

BENEFITS: 

Cellular Pigment Lightening

This exceptional treatment balances melanin production and hyperpigmentation at a cellular level. It instantly brightens and evens out the complexion, visibly reduces the appearance of dark spots and brings a youthful radiance.

BENEFITS: 

Cellular Intensive Repair

This intensive facial is designed for mature, dry or dehydrated skin. It lifts and defines facial contours, restores youthful glow and boosts cell renewal thanks to two different masks with collagen, vitamins, and brown algae.

BENEFITS: 

Cellular Perfect Hydration

Infusing intense hydration, this rejuvenating treatment protects cells in the deepest layers from premature ageing and dehydration. Skin's wellbeing and elasticity are optimally maintained over the long term. Skin is deeply hydrated and replumped; wrinkles and expression lines are smoothed away.

BENEFITS: 

Hydrafacial®

A unique facial combining three steps: exfoliation, infusion, and oxygenation. Your skin gets an extra moisturizing kick, reducing fine lines and wrinkles, while the light therapy promotes skin activation.

BENEFITS: 



Wellbeing therapies:

→ Body

Detoxifying Massage

This massage regenerates the body and activates the elimination of toxins. The effect is immediate – tension located in the muscles dissolve, while the physiological system’s reflex points rebalance, and oxygenation is improved.

BENEFITS:

Revitalizing Massage

This signature massage targets the energy flow of the body, bringing precise and modulated pressure to bear on the body’s cardinal energy points for a truly invigorating experience.

BENEFITS:

Chi Nei Tsang

By working on the stomach area, in addition to the diaphragm, breathing and spine, this manual technique restores mobility, tone and motion to the organs, while improving the functional and structural balance throughout the body.

BENEFITS:

Reflexology

A massage which aims to regenerate the body and activate the elimination of toxins, while dissolving muscle tension, activating reflex points on the foot to rebalance the body and stimulate healing.

BENEFITS:

Himalayan Salt Stone Massage

A full body massage using a specific sequence of massage to balance Tsing points, meridians and source points. By stimulating these points, they can be very curative, providing a state of total well-being emotionally and physically.

BENEFITS:

Maderotherapy

Manual treatment of vigorous massages using wooden instruments. It tones the body, minimizes fluid retention and treats localized fat in order to sculpt the body.

BENEFITS:

Pain & Stress Relief Massage

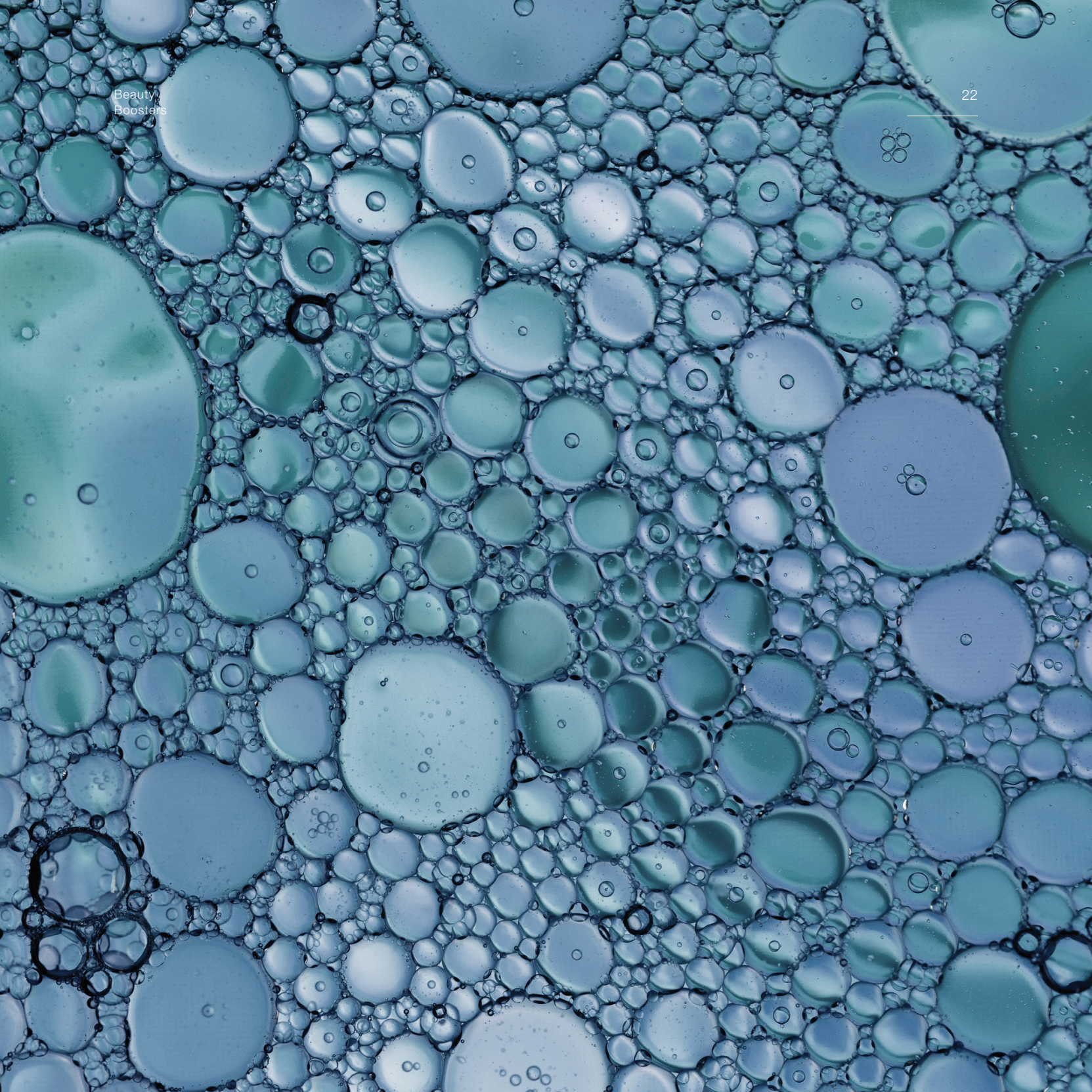
Using bamboo sticks to penetrate deeper into the underlying tissue to trigger tension points. It helps to relieve stress and increases levels of energy after deep relaxation.

BENEFITS:

Psamotherapy Remineralizing Massage

This bespoke therapy combines tradition and high-tech. The heated alpha quartz cocoons and contours your body while the gentle percussion and warm pressure of the quartz poultices targets specific body reflex points.

BENEFITS:



Beauty boosters: → Injectables

At our Longevity Hubs, we can draw on our extensive expertise in the field of preventive and restorative aesthetics to offer a range of minimally invasive cosmetic procedures that promote longevity, beauty and anti-aging with a results-driven focus.

Mesotherapy

Commonly known as “biorevitalization”, mesotherapy is a technique used to rejuvenate the skin by means of a transdermal injection of a multivitamin solution that includes hyaluronic acid, amino acids and trace elements to instantly rehydrate the skin.

BENEFITS: Glowing, firming effect, and fine line reduction, improved skin tone

Neuro Relaxants / Botulinum Protein

By temporarily relaxing the facial muscles that cause wrinkles in the forehead and around the eyes, the treatment softens expression lines, as well as preventing excess sweating.

BENEFITS: Reduced expression lines, fresher-looking face, excessive sweating diminished

Hyaluronic Acid

A variety of temporary dermal filler, injectable hyaluronic acid (HA) is used to reduce the appearance of fine lines, wrinkles and facial folds, and to give structure, framework and volume to the face and lips.

BENEFITS: Plumping effect for fuller lips, reduces deep wrinkles, smooths fine lines

Platelet-rich Plasma (PRP)

PRP treatment uses injections of growth factors naturally present in the patient’s own plasma as part of the cocktail to promote collagen growth.

BENEFITS: Cellular regeneration for younger-looking skin, a visible reduction of wrinkles, scars and dark circles, promotes and stimulates hair growth

Beauty boosters:

→ Laser treatments

We combine expert knowledge and advanced technology in our laser treatments, which harness the power of heat and light to improve skin tone, texture and coloration. Experience the confidence boost that comes with it.

Laser Photorejuvenation

This light and laser therapy rejuvenates the skin and gives it a smoother and younger appearance overall. It reduces brown spots, sun damage, melasma and broken capillaries, and treats the signs of aging, such as wrinkles and age spots.

BENEFITS: A more even complexion; reduces rosacea and redness in the skin, reduces fine lines, freckles and irregular pigmentation; improves the texture of coarse, rough skin and reduces large pores



→ Machine-specific procedures

Focused Ultrasound

Ultherapy is the only FDA-cleared, non-invasive procedure that lifts and tightens the skin of your face, chin and brow, and improves lines and wrinkles on the upper chest. The use of ultrasound energy boosts your own natural production of collagen and elastin for natural looking results.

MACHINE: **ULTHERAPY®**

BENEFITS: Firmer face contours, reduction of wrinkles around the eyes, forehead, double chin, lifting effect on the belly, arms and thighs

Fat Reduction

Designed to sculpt and define the whole figure, CoolTech treatment is highly effective on all body areas. Using cryolipolysis technology — a non-surgical fat reduction procedure that uses cold temperature — the procedure is designed to reduce localised fat deposits that do not respond to diet or exercise.

MACHINE: **COOLTECH®**

BENEFITS: Reduced fat deposits and toned silhouette

Microneedling with radiofrequency

A minimally invasive skin rejuvenation procedure that pairs microneedling with radiofrequency (RF) energy. The needles and heat from the RF energy create microlesions, which trigger your body's natural healing response and promote the production of new collagen and elastin, to firm the skin and lessen wrinkles.

MACHINE: **MORPHEUS®**

BENEFITS: Firmer face contours, reduction of wrinkles around the eyes, forehead, double chin, lifting effect on the belly, arms and thighs



→ Nutritional support

Learn to regulate your food intake and break free from a dieting mindset with the help of a certified nutritionist, following the three steps in our Longevity Nutrition Protocol:

Assessment

- Dynamic metabolic
- Heavy metal screening
- Body composition analysis
- Continuous glucose monitoring
- In-depth nutrition evaluation

Intervention

- Individualized nutrition and lifestyle plan
- Next generation longevity nutraceutical plan
- Comprehensive educational tools

Follow-up

- Re-assessment and progressive personal plan review
- Expert mentoring for successful transition and patient evolution



→ Movement coaching

Give your body the attention it deserves with a workout plan that fires up the core muscles to balance strength and mobility. Our certified movement specialists will guide you through the three steps in our Longevity Movement Protocol:

Assessment

- Body composition scan
- Functional movement and strength assessment
- Movement and lifestyle habits
- Health vision coach

Intervention

- Tailored movement plan
- One-on-one movement sessions
- Training recommendations

Follow-up

- Checking how the body is responding to the treatment plan
- Recommendations and adjustments

→ Signature Experiences

With our exclusive experiences, you can quickly recover from everyday age inducing, life stressors that can physically drain you, impair your ability to fight infections, and diminish the vitality of your skin and physical appearance.

We believe health is holistic, therefore, health interventions and lifestyle are most effective when they comprise a combination of testing, wellbeing therapies, longevity technologies and education.

Energize
150 MINUTES



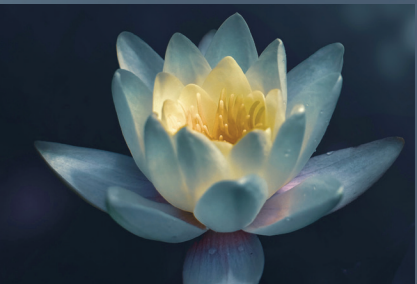
BENEFITS:
ENERGY | METABOLIC HEALTH

Our Energize Experience helps you to quickly recover from feelings of fatigue or depletion through a combination of our signature Wellbeing Therapies and our cutting-edge Longevity Technologies.

INCLUDES:

- Introductory assessment
30 MINUTES
- Cryotherapy session
15 MINUTES
- Energy-boosting IV drip
45 MINUTES
- Revitalizing Massage
60 MINUTES

Rebalance
180 MINUTES



BENEFITS:
DETOX | IMMUNE HEALTH

Our Rebalance Experience helps you to eliminate toxins and deeply purify your body through a selection of our most detoxifying and immunity-boosting treatments. You will leave with a new sense of balance.

INCLUDES:

- Introductory assessment
30 MINUTES
- 1 Far Infrared session
45 MINUTES
- Detoxifying IV drip
45 MINUTES
- Detox Massage
60 MINUTES

Glow
180 MINUTES



BENEFITS:
BEAUTY | ANTI-AGING

Our Glow Experience provides the vitamins necessary for optimum skin health, and the technologies that can stimulate cell division and repair. Defy age, rejuvenate your skin, and glow from the inside out.

INCLUDES:

- Introductory assessment
30 MINUTES
- Skin analysis consultation
30 MINUTES
- Cellular body exfoliation
60 MINUTES
- Hydrafacial®
60 MINUTES



Continuing your longevity journey in Switzerland

In 1931, in Montreux, a stunning location between the grandeur of the Swiss Alps and the pristine shores of Lake Geneva, Dr Paul Niehans developed a cellular therapy to slow down the aging process, with spectacular results.

In the decades since, Clinique La Prairie has established a worldwide reputation as the Swiss destination where longevity and wellbeing go hand in hand. Our holistic approach is supported by 50 leading specialists, ready to meet the physical, psychological and emotional needs of our guests.

You can relax, knowing that you're in the hands of experts, from our nutritionists, providing personalized advice for long-term balance, to our medical specialists overseeing exceptional diagnostics and, the Longevity Method™, our sports coaches

and our therapists, offering a collection of modern and ancient treatments at our award-winning spa.

For 90 years, those in search of a profound change in their health and wellbeing have been coming to Montreux to embark on the ultimate longevity journey – one that leads to a longer, richer and more fulfilling life.

Our heritage

With almost a century of experience to draw on, Clinique La Prairie has honed the perfect combination of science, expertise and a pioneering spirit with luxury Swiss hospitality to accompany you on every stage of your Longevity journey.

1931

Swiss doctor Paul Nihans begins his pioneering research in Cellular Therapy on the site of today's Clinique La Prairie in Montreux. The legend of Revitalisation begins.

1950–60

Our exclusive rejuvenation treatment's reputation rapidly grows attracting numerous guests, including opinion leaders from around the globe.

1980

The clinic is acquired by Swiss entrepreneur Armin Mattli, who further advances Clinique La Prairie by means of developments in innovation, anti-aging expertise and luxury hospitality (the medical center opens in 1991). The Mattli family maintains ownership to this day.

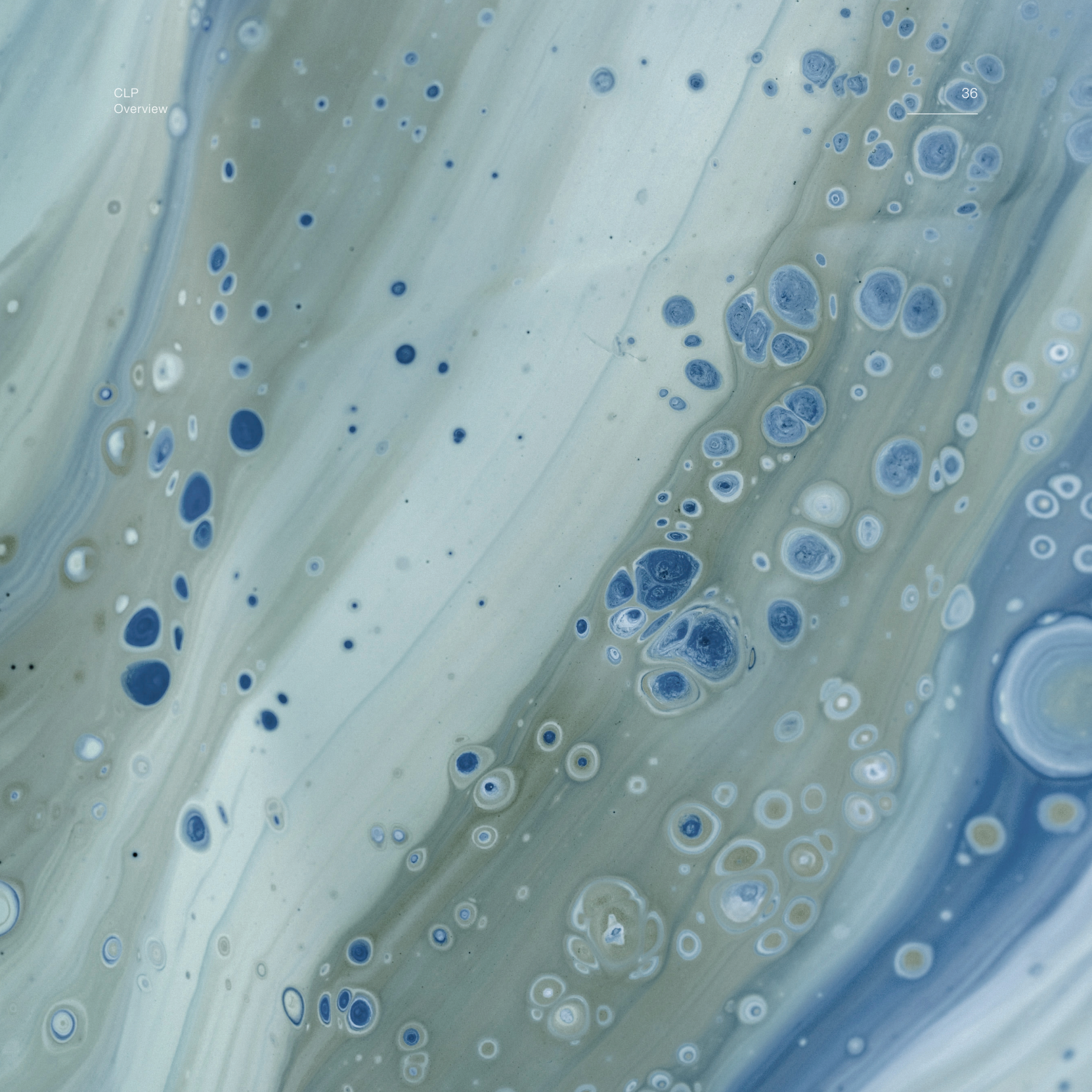
2005

The clinic expands its premises with a luxurious, light-filled extension which includes a 4,500 sqm state-of-the-art spa and restaurant building. The destination is now a transformative health resort boasting five-star accommodation and wellness.

2022

Clinique La Prairie continues to expand its offering, pushing boundaries in wellbeing and health, and inaugurating its urban Longevity Hubs at select locations worldwide.





Enhancing your Longevity journey

Our flagship facility in Montreux gives guests the opportunity to experience our unique CLP Longevity Method™ through holistic programs at the place where it all began – and where we continue to break new ground.

A unique destination

With stunning views of the Alps and Lake Geneva, our guests embark on their health journey whilst staying in our five-star hotel. The facility comprises a 1,600 square metre state-of-the-art spa and an in-house SEEDS restaurant which is a destination in itself.

Pioneers in Longevity

Our story began in Montreux over 90 years ago, leading us to offer the very cutting-edge of Longevity science and technology. At Clinique La Prairie, we live and breathe our Four-Pillar philosophy (Medical, Nutrition, Wellbeing, Movement), employing a unique approach to health and wellbeing.

Week-long programs

We offer holistic programs that guarantee results, constantly updating our offers based on the latest scientific discoveries. Our signature programs and the CLP Extract are only available in Montreux.

World-class hospitality

We offer the best of luxury Swiss hospitality and unparalleled service to our customers. Our trustworthy know-how enables us to consistently offer the very best in science and hospitality to our new and returning guests.

Our world-class offering

Continue your journey in Switzerland with our advanced one-week Longevity Programs, a series of ultimate optimization overhauls designed to be transformative as well as restorative.

Each Program showcases the depth and impactful reach of Clinique La Prairie’s holistic approach:

- Detox Reset
- Master Detox
- Revitalisation
- Revitalisation Premium
- Healthy Weight

To book a program in Montreux:
reservation@cliniquelaprairie.com | cliniquelaprairie.com

Detox Reset

5 days / 4 nights

WELLBEING

This is no ordinary detox wellness. It builds on our holistic approach, with natural methods for the purification of your body and mind and boosting of your gut microbiome, through detox nutrition processes, dynamic restoration and deeper connection with yourself.

PRICE: FROM 11,250 CHF

Master Detox

7 days / 6 nights

WELLBEING

Experience the profound wellbeing that comes with a thoroughly cleansed and purified system. Based on the CLP Cellular Genomic Detox method, this cure harnesses the power of genetics, and cellular and nutritional science, combined with the latest medicinal technologies in a program tailored to your exact DNA and health profile.

DNA test | 1–2 times per year

PRICE: FROM 19,450 CHF

Revitalisation

7 days / 6 nights

LONGEVITY

Honed over the course of 90 years, Revitalisation is a powerful program that stimulates cell regeneration, fights the signs and causes of aging, and enhances mental and physical health. It combines cutting-edge medicine, exclusive CLP Extract and cellular genomic science with unique wellbeing and nutrition plans to revitalize every part of your body.

DNA test | Over 35 y/o

PRICE: FROM 29,800 CHF

Revitalisation Premium

7 days / 6 nights

LONGEVITY

Taking our legendary Revitalisation to the most exclusive level, this is the ultimate rejuvenation program. It focuses on every part of your body: immune system, heart, breathing, sleep cycle, microbiome, skin, mind and brain, with holistic medicinal technologies, check-ups, nutrition, supplements and wellness to enhance your life.

DNA test | Over 35 y/o

PRICE: FROM 48,250 CHF

Healthy Weight

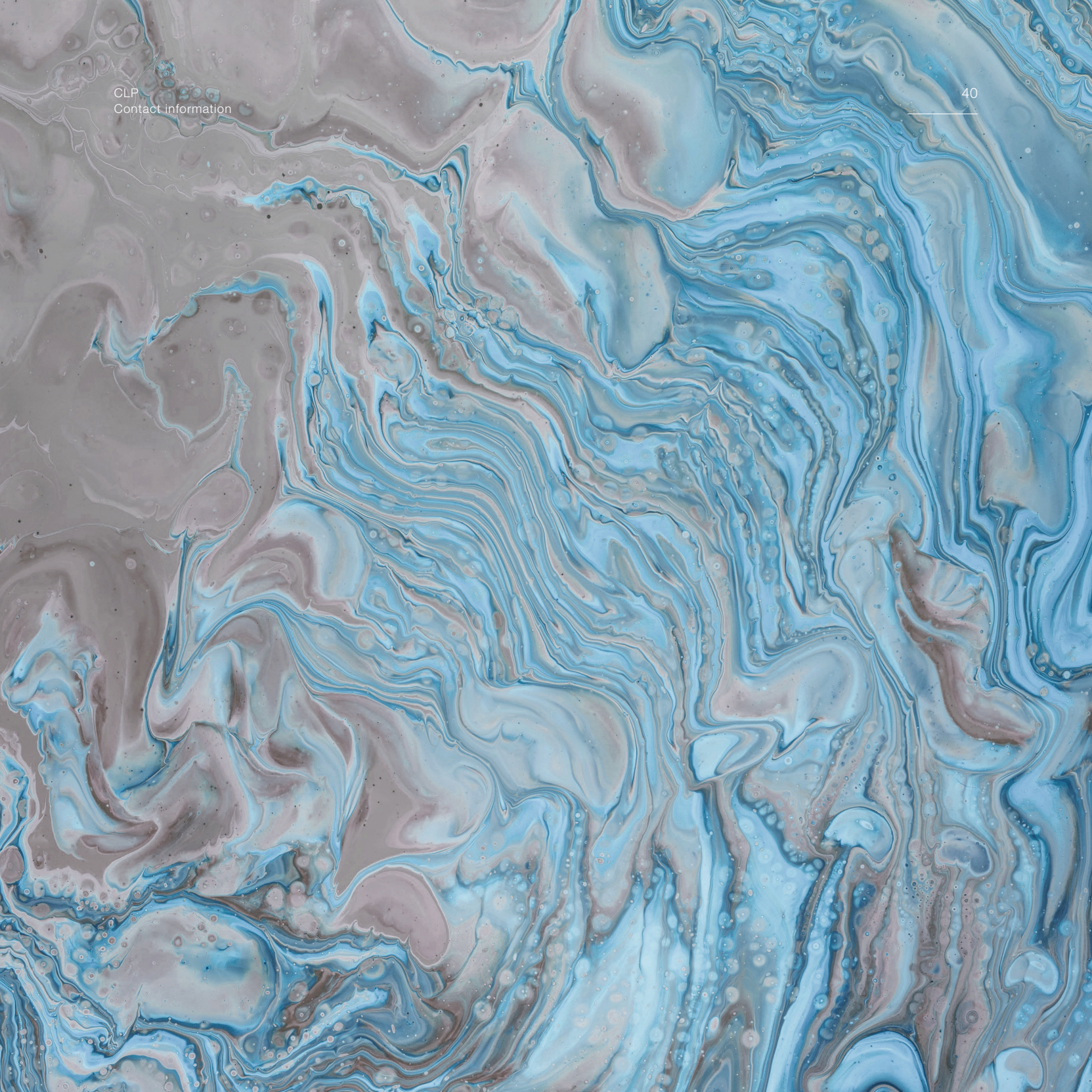
7 or 14 days

WELLBEING

Rediscover the vitality of a healthy weight. We help kickstart your weight-loss plan and improve your quality of life with a results-focused, holistic system tailored to your personal profile. Geneticists, dieticians, doctors and chefs work together to provide you with medical guidance, nutritional coaching and serenity.

DNA test

PRICE: 7 DAYS FROM 20,000 CHF
14 DAYS FROM 37,500 CHF



Contact information

Membership program

An exclusive membership program is available for those who wish to enjoy the full spectrum of benefits at the Longevity Hubs by Clinique La Prairie, to achieve a profound and holistic change in wellbeing. These memberships include private consultations and tailor-made therapies in addition to innovative treatments and complete wellness solutions.

ENQUIRIES

For enquiries or to apply for membership, contact our team.

General information

We look forward to welcoming you at the Longevity Hub by Clinique La Prairie. To schedule an appointment, please contact our reservation team who will be able to help you choose the perfect treatment. Appointments booked by guests must be accompanied by a valid credit card.

One&Only ONE ZA'ABEEL, Dubai
Za'abeel Street, Za'abeel
Dubai – United Arab Emirates

+971 (0) 46661618
info.dubai@cliniquelaprairie.com
Reservations.Dubai@cliniquelaprairie.com

OPENING HOURS

Aesthetics: 10am – 8pm daily
Wellbeing & Longevity: 9am – 10pm daily
Movement: 6am – 10pm daily

ARRIVAL TIMES

Please make sure you arrive 30 minutes prior to your scheduled treatment time. This will ensure you have sufficient time to complete a consultation with our longevity coach before you start your treatment.

We look forward to welcoming you soon
in one of our exclusive Longevity Hubs
by Clinique La Prairie

Qatar

THE ST. REGIS MARSА ARABIA ISLAND
The Pearl
Doha

Spain

Calle de Fortuny, 6
Duplex A
28010 Madrid

Taiwan

3F, No. 25, Sec. 1, Dunhua S. Rd
Songshan Dist
Taipei City 10557

Thailand

THE ST. REGIS BANGKOK
159 Rajadamri Road
Pathum Wan
Bangkok 10330

United Arab Emirates

ONE&ONLY ONE ZA’ABEEL DUBAI
Za’abeel Street, Za’abeel
Dubai

