



CLINIQUE
LA PRAIRIE

SWITZERLAND

YOUR GUIDE TO

A Wellness & Detox Week in Paradise

DECEMBER 2022



CLINIQUE
LA PRAIRIE
SWITZERLAND

Unlock Your Wellbeing “7-Day Mind & Body Detox”

Unlock Clinique La Prairie’s best kept secrets of Mind & Body Detox in the Seychelles’ most exclusive private-island hideaway: North Island, A Luxury Collection Resort.

Found in the inner islands of the Seychelles, known as the most beautiful on Earth, North Island is a place of exclusive luxury within an exquisite wilderness sanctuary.

During this extraordinary one-week stay, leading experts from Clinique La Prairie, Montreux-Switzerland, will guide you through the experience in order to relax, recharge and kick-start a healthier way of life.

The purification of your body and boosting of your gut microbiome will be done through a natural process designed by Clinique La Prairie.

The holistic experiences will be so transformative that you will leave with a profound sense of change in your wellbeing.

YOUR OPTIONS

Week 1: NOV 26 to DEC 03, 2022

Week 2: DEC 04 to DEC 11, 2022

Clinique La Prairie's program is no ordinary detox regime...

This 7-day detox experience harnesses the power of cellular and nutritional sciences, and engages guests into the power of the four pillars for a longer, healthier and fuller life.

You will experience the profound wellbeing that comes with a thoroughly cleansed and purified system, a rested body, and perfect mental balance.

We are committing to excellency and personal service in every step of the journey.



CLINIQUE
LA PRAIRIE
SWITZERLAND

Four Pillars

Detox Science

CLP CELLULAR GENOMIC
DETOX METHOD

Paired with scan for heavy
metals screening.

Nutrition

HEALTHY GOURMET

Anti-inflammatory,
purifying & energizing
paired with expert advice.

Wellbeing

SCIENCE DRIVEN

Paired with
spiritual balance.

Movement

DYNAMIC RESTORATION

Inspired by North Island's
unrivalled setting.



Objectives

- Eliminate toxins
- Activate the body's self-healing ability
- Boost energy
- Regain your inner balance
- Kick-start a healthier lifestyle



CLINIQUE
LA PRAIRIE
SWITZERLAND

Detox Science

- CLP Cellular Genomics Detox: exclusive one-month treatment composed of 100% natural nutraceutical supplements with anti-inflammatory, immunostimulatory and beneficial properties for the microbiota
- Holistic Health Detox Kit: two months of supplements to support the natural cleansing processes of your body after your stay
- Heavy metal screening to determine overexposure and recommendations

Nutrition

THE DETOX DIET THROUGHOUT THE WEEK IS A FEAST...

- Dishes are centered on vegetables cooked with fragrant herbs and spices and specifically tailored to your test results. They are prepared with imagination as well as nutritional know-how to help flush out toxins and regulate the body's inflammatory process
- CLP Detox diet, with anti-inflammatory & progressive 7-day meal plan
- Detox juices and herbal infusions with detox virtues served during the stay
- Clinique La Prairie Detox teas to take home

GAIN PRECIOUS AWARENESS ABOUT HOW NUTRITION CAN FUEL A LIFE OF HEALTH AND VITALITY...

- ✎ Throughout the week, an expert nutritionist provides personalized advice for long-term balance
- ✎ One clinical nutritional assessment and one consultation with the nutritionist to develop a personalized nutritional plan based on results during and after the stay
- ✎ Private nutrition masterclass: learn how transforming your food can improve your health, boost your mood and increase mental focus

Movement

INSPIRED BY NORTH ISLAND EXPERIENCES

- ✎ Outdoor movement activities (e.g. Guided hikes, Tree planting, Bike riding, Snorkeling, Paddle, etc.)
- ✎ Sunrise yoga & Ayurveda
- ✎ Sunset yoga & Ayurveda

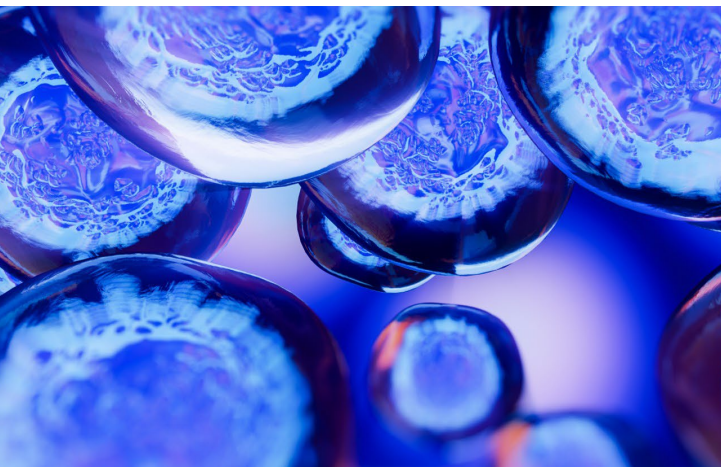
Wellbeing

SCIENCE-DRIVEN PURIFICATION

- ✎ Clinique La Prairie Detox Signature massages (60 min)
- ✎ Clinique La Prairie Detoxifying body scrub and wrap (60 min)
- ✎ Cellular Detoxifying facial with Clinique La Prairie Swiss Perfection cosmetics (60 min)

MIND WELLNESS

- ✎ Ultimate wellness detox experience: reflexology and relaxing Signature massage with singing bowls (90 min)
- ✎ Deep listening experience - Meditation
- ✎ Peak walk and Meditation



CLINIQUE
LA PRAIRIE
SWITZERLAND

The Science Behind Detoxification

When you choose the exclusive Clinique La Prairie Wellness & Detox Program, you are setting out on the road to true transformation. This scientific approach is based on stimulating the body's own detoxifying defences by triggering interactions between genes, nutrients and cells. One step at a time, this program rebalances your body's homeostasis. Not only does it purify it from toxins, but will also lead you towards a healthier lifestyle and activate your body's self-healing ability.

Understanding the Detoxification Process

Food-based nutrients have an essential role in the modulation of metabolic pathways involved in detoxication processes. Specific foods may upregulate or favourably balance metabolic pathways to assist with toxin biotransformation (Phase I and Phase II) and elimination.

Phase I Detoxification

Specific enzymes produced in the liver perform the first step of detoxification known as Phase I De-toxification. These enzymes, help detoxify a number of substances, including medications, alcohol, and environmental pollutants. The main role of these liver enzymes is to transform the toxic substances in more water soluble compounds.

Phase II Detoxification

Phase II enzymatic reactions give continuity to the first phase, ensuring the final liver conversion of the reactive intermediary metabolites into water-soluble compounds that can be eliminated from the body.





A Typical Week



Duration
7 NIGHTS

Week 1: NOV 26 to DEC 03, 2022

Week 2: DEC 04 to DEC 11, 2022

DAY 1		DAY 2 FASTING DAY	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
Early Morning					Sunrise Yoga & Ayurveda			
DETOX BREAKFAST		1 st Juice	Detox Breakfast Detox Infusion	Detox Breakfast Detox Infusion	Detox Breakfast Detox Infusion	Detox Breakfast Detox Infusion	Detox Breakfast Detox Infusion	Detox Breakfast Detox Infusion
		Daily Visit (Nutritionist)	Daily Visit (Nutritionist)	Daily Visit (Nutritionist)	Daily Visit (Nutritionist)	Daily Visit (Nutritionist)	Daily Visit (Nutritionist)	
Late Morning		2 nd Juice	Nutritionist Consultation Heavy Metal Screening	Detoxifying Scrub & Wrap		Peak Walk and Meditation	Nutritionist Consultation Wrap Up	GUEST DEPARTURE
11 am Detox Infusion	GUEST ARRIVAL	Detox Infusion	Detox Infusion	Detox Infusion	Detox Infusion	Detox Infusion	Detox Infusion	
DETOX LUNCH	Detox Lunch	3 rd Juice	Detox Lunch (Vegan Diet) - Start of CLP Cellular Genomic Detox Cure	Detox Lunch (Vegan Diet)	Detox Lunch (Vegan Diet)	Detox Lunch (Animal Proteins)	Detox Lunch (Animal Proteins)	
Mid Afternoon		4 th Juice Massage Signature Detox 5 th Juice	Cellular Detoxifying Facial Treatment	Dietetic Workshop - Nutrition Master Class		Ultimate Wellness Detox Experience	Massage Signature Detox	
Late Afternoon		Goals and Objectives Detox Setting	Deep Listening Experience - Meditation	Outdoor movement Detoxifying mind – options: Guided hikes, tree planting, paddling, bike riding	Outdoor movement Detoxifying mind – options: Guided hikes, tree planting, paddling, bike riding			
4 pm Detox Infusion	Detox Infusion Beauty Consult Daily Visit (Nutritionist)	Detox Infusion	Detox Infusion	Detox Infusion Sunset Yoga & Ayurveda	Detox Infusion	Detox Infusion	Detox Infusion	
DETOX DINNER	Detox Dinner	6 th Juice	Detox Dinner (Vegan Diet)	Detox Dinner (Vegan Diet)	Detox Dinner (Vegan Diet)	Detox Dinner (Animal Proteins)	Detox Dinner (Animal Proteins)	



CLINIQUE
LA PRAIRIE
SWITZERLAND

Weekly Package 7 Nights

SINGLE	EUR 68'000
DOUBLE	EUR 85'000

- Package includes:**
- 7 nights in one of North Island's eleven exclusive villas.
 - All by the beach with full views on the crystal-clear water
 - Full board (detox diet)
 - All treatments of the programme

To confirm your reservation, a 20% confirmation deposit is required. The remaining 80% is due 30 days prior to the scheduled arrival.

Bookings are fully refundable if cancelled up to 30 days prior to scheduled arrival. Bookings cancelled fewer than 30 days prior to scheduled arrival are non-refundable and will be charged at 100%.

6% Service Charges and 15% VAT included.

Let Clinique La Prairie, Montreux-Switzerland experts and luxury resort North Island teams transform your approach to wellbeing.

For any inquiries, please contact our Swiss Office
+41 43 244 97 49 | northisland@asw.com



ABOUT CLINIQUE LA PRAIRIE IN SWITZERLAND

Founded in 1931 by Professor Niehans, a pioneer in longevity, Clinique La Prairie offers week-long health, regeneration and wellness programs based on a unique holistic approach. With 90 years of expertise, more than 50 doctors, 30 wellbeing specialists and state-of-the-art equipment, Clinique La Prairie is the most prestigious destination for stays that provide the key to a healthier, more intense and longer life.

cliniquelaprairie.com

ABOUT NORTH ISLAND, A LUXURY COLLECTION RESORT, SEYCHELLES

Found in the inner islands of the Seychelles, North Island, The Luxury Collection Resort is one of the world's most exclusive resorts, and the island's unique property. It is a place of ultimate barefoot luxury within an exquisite wilderness sanctuary.

For those seeking a private and unspoilt tropical retreat, the 11 sumptuous hand-crafted villas lap the pristine, powder-white sands of the turquoise Indian Ocean, offering each guest an unparalleled sense of exclusivity.

north-island.com

For any inquiries, please contact our Swiss Office
+41 43 244 97 49 | northisland@asw.com
asmallworld.com/wellbeingweek