

Clinique La Prairie

CATEGORY

Wellness

SUMMARY

Clinique La Prairie is arguably the World's most exclusive medi-spa specialising in anti-aging with cutting edge technology and a dedicated product R&D program.

Location: Clerens, Switzerland

Established: 1931

Rooms: 17

Junior Suites: 6

Suite: 1

Minimum Stay: 6-13 days

Packages:

Standard room (25sqm) + Revitalization Program USD\$24,000

Suite (181sqm) + Revitalization Program USD\$32,000

Revitalization Program: Medical check-up, dental, aesthetic medicine consultation, personal training.

Perched above Lake Lemman, looking out upon the Alpine peaks, sits Clinique La Prairie, regarded as one of the most exclusive medi-spa location in the world. La Prairie has been administering its signature Lamb foetus treatment (now lamb liver) to Royals, celebs and even the Pope. The treatment, first introduced in the 1930s is supposed to help stimulate cellular revitalization, and with a 70% customer return rate, it's difficult to argue the success.

Billed as a "launch-pad to a brand-new life", La Prairie is a one-

stop-shop, offering basic medical checkups, both general and plastic surgery, a range of specialists, physical therapies and radiology and medical imaging. Programs start at \$24,000 for a 6 night stay and top out at just over \$50,000 for a 13 night stay, accommodation included.

The spa offers everything from noninvasive skin treatments and weight management to plastic surgery, orthopaedics, gynaecology, dentistry and thalassotherapy, and also has a variety of à la carte programmes and treatments.

Restrictive diet plans are not advocated at Clinique La Prairie:

“Eating or following a diet shouldn’t be a pressure, it should be enjoyed. The key factors are to eat seasonal ingredients, a variety of colors, a good balance of protein, carbs and fat, and not to overeat – you should never feel full or uncomfortable after a meal.”

Further Reading

[La Prairie Home](#)

[Glamour](#)

[How to Spend it](#)

