

## Dear Patients



With pleasure you can choose one of the following offers in the world famous [La Prairie Clinic on Montreux](#) on the shore of [Geneva Lake](#) . All Prices are subject to be changed without prior information. Payments must be done in ahead.

### **Weight Loss System**

Rediscover the vitality and pleasure of living your life at 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.

Based on Clinique La Prairie's four pillars "Medical, Movement, Wellness and Nutrition", this invigorating program aims to building a long-term approach towards eating habits, towards stronger body and soul, while achieving your health and weight loss goals.

*Objectives:*

- Lose weight
- Make positive lifestyle changes to maintain a healthy weight
- Develop an effective routine for staying active
- Boost physical and mental wellbeing

**Weight Management Program 14 days**

For the patients suffering of weight issue. The program offers a multidisciplinary approach with the assistance of a nutritionist, dietician, personal fitness trainer, psychologist, massage therapist and aesthetician.

13 nights from Sunday till Saturday includes the following services:

- Consultation and daily follow-up by the attendant doctor and full nursing care
- One full medical check-up : laboratory analyses, chest x-ray, ECG, abdominal ultrasound
- One calorimetry
- One Genetic Test developed exclusively for CLP
- One aesthetic medicine consultation
- An evaluation to detect possible apnea and sleeping disorders
- One stress test and one consultation with a cardiologist

- Three psychological consultations
- One-month treatment of probiotic
- One-month treatment of new CLP weight loss mix
- Four consultations with a dietitian
- Daily nutrition coaching
- Menus tailored to individual needs and goals
- Two dietetic workshops
- One body composition analysis
- One physical fitness test score
- Two outrace circuit training sessions
- Two Bio circuit training sessions
- Six personal training sessions
- Two outdoor training sessions
- Final fitness wrap-up and recommendations
- One beauty consultation
- One visceral manipulation (massage)
- One facial treatment by Swiss Perfection
- Two anti-cellulite body peel and wrap
- Two 30-minute cellulite-control massages
- Six sessions of cryotherapy (after Dr approval)
- Four sessions of photostimulation
- Six high-tech remodeling body treatments
- Group fitness and aquagym classes (upon request)
- Access to the fitness center, swimming pool, sauna, steam room and vitality pool

## **PRICE (14 Days)**

Starting from CHF 30,200 (2 weeks) including full board (non-alcoholic beverages) - Limousine services from/to the airport or train station

## **Weight Management Program 7 days**

The shortened version of the Weight Management program, WMA helps to restore a healthy relationship with food, teaches you a balanced lifestyle, and enhances your energy levels and physical condition.

Your program includes:

- Consultation and daily follow-up by the attendant doctor and full nursing care
- One full medical check-up: laboratory analyses, chest x-ray, ECG, abdominal ultrasound
- One calorimetry
- One Genetic Test developed exclusively for CLP
- One aesthetic medicine consultation
- One psychological consultation
- One-month treatment of probiotic
- One-month treatment of new CLP weight loss mix
- Two consultations with a dietitian
- Daily nutrition coaching
- Menus tailored to individual needs and goals

- One dietetic workshop
- One body composition analysis
- One physical fitness test score
- One outrace circuit training
- One Bio circuit training
- Three personal training sessions
- One outdoor training session
- Final fitness wrap-up and recommendations
- One beauty consultation
- One visceral manipulation (massage)
- One anti-cellulite body peel and wrap
- One 30-minute cellulite-control massage
- Three sessions of cryotherapy (after Dr approval)
- Two sessions of photo stimulation
- Three high-tech remodeling body treatments
- Group fitness and aquagym classes (upon request)
- Access to the fitness center, swimming pool, sauna, steam room and vitality pool

### *PRICE (7 Days)*

Starting from CHF 15,800 including full board (non-alcoholic beverages) Limousine services from/to the airport or train station

**For additional information, please contact:**

[www.medicaltravel.swiss](http://www.medicaltravel.swiss) Serdar Kara +41 78 7373541 – [hello@medicaltravel.swiss](mailto:hello@medicaltravel.swiss)