

CLINIQUE LA PRAIRIE

MONTREUX

DISCOVER CLINIQUE LA PRAIRIE

ABOUT

Founded in 1931 by Professor Niehans, a pioneer in the development of cell therapy, Clinique La Prairie has over the years established an international reputation as a world-renowned medical clinic and wellness destination. Thanks to ongoing scientific research, Clinique La Prairie is regarded as a leading light in preventative medicine due to its unique Revitalisation programme, designed to promote vitality, enhance the immune system and slow down the ageing process. As the clinic evolved, it also anticipated the needs of its global clientele adding specialised consultations, an operating theatre and a medical Spa. A medical team of some 50 leading specialists, all under one roof, assure exceptional diagnostic precision and subsequent treatment. Equipped with the latest technology, Clinique La Prairie now offers a holistic approach to healthcare and wellbeing in a tranquil and sophisticated environment.

LOCATION

The clinic is located in Montreux on the shores of Lake Lemman, famous for the summer jazz festival. Known as the “Swiss Riviera”, the climate is temperate and the majestic Swiss and French Alps surround the lake. The clinic is one hour’s drive from Geneva airport, while linked to Milan and Paris with high speed train.

MEDICAL OFFER

Extensive medical disciplines, represented by more than 50 physicians, include:

SPECIALISED MEDICAL CONSULTATIONS

internal medicine, cardiology, dermatology, diabetology, endocrinology, ENT, gastroenterology, genetic mapping, gynaecology, neurology, nutrition, orthopaedics, pneumology, psychiatry, rheumatology, urology, etc.

SURGERY

general, orthopaedic, gynaecological, cervicofacial, aesthetic, reconstructive and neurosurgery.

SPECIALISED CENTRES

Centre for Aesthetic Medicine, Menopause Centre, Medical Imagery Institute, Sleeping Centre.

NUTRITION

Good nutrition lies at the heart of Clinique La Prairie’s approach to health and wellbeing and forms the core philosophy of its restaurant. The fine dining experience combines the joint expertise of the culinary team and dieticians in creating a balanced healthy-gourmet menu.



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PROGRAMMES

Clinique La Prairie programmes are organised visits planned and created by our specialists, on the basis of preventative medicine. Based on the clinic's holistic approach to healthcare, each programme combines medical consultations with well-being and relaxation treatments. All stays are 6 nights (except Medical Check-up 5 nights and Weight Management programme 13 nights) full board and begin with two-day medical check-up including chest x-ray, electrocardiogram, abdominal ultrasound and laboratory analyses.

REVITALISATION

Clinique La Prairie's exclusive Revitalisation has a marked rejuvenating effect by strengthening the immune system and increasing energy levels. This programme is recommended from the age of 40, with results lasting from 12 to 24 months. Aside from triggering an intense feeling of youthfulness, Revitalisation helps to combat stress, infections and to improve health related setbacks. Based on scientific principles and extensive research, the Revitalisation is carried out exclusively at Clinique La Prairie over more than eight decades.

MEDICAL CHECK-UP

This programme is intended for patients requiring a complete check-up or a second medical opinion. The medical check-up provided by the clinic embraces a global evaluation of a patient's health with in-depth medical tests and sophisticated analysis. The clinic also offers 1-3 days tailor-made Executive Check-ups to enterprises.

WEIGHT MANAGEMENT

The Weight Management programme combines medical supervision, physical activities and psychological support to help manage weight, daily nutrition and adopt a balanced lifestyle. While the programme offers visible results during the patients stay at the clinic, the main goal is to establish the necessary tools for weight management for the rest of the patient's life.

REBALANCING

The Rebalancing programme is designed for those suffering from excessive mental and physical stress - typified by exhaustion, burnout, insomnia or depression. Its aim is not only to assist clients in achieving greater relaxation but to help them learn how to "re-balance" their lives.

BETTER MOBILITY

Better Mobility programme is aimed to those experiencing pain and stiffness during exercise, sports activity, or in need of rehabilitation post-injury. The programme's goal is to help patients be physically active at their peak. Targeting the source of the pain or discomfort, then working to strengthen the body in a specific manner, ease and comfort can be improved during training sessions.



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BEAUTY FOR HIM & HER

Clinique La Prairie's Spa is a veritable haven of peace, offering a wide range of exclusive treatments to emphasise an individual's inner and outer beauty. The Spa's experienced team combine contemporary sciences and ancient healing philosophies from around the world with results-driven, state-of-the-art technology for the ultimate Spa & wellness experience.

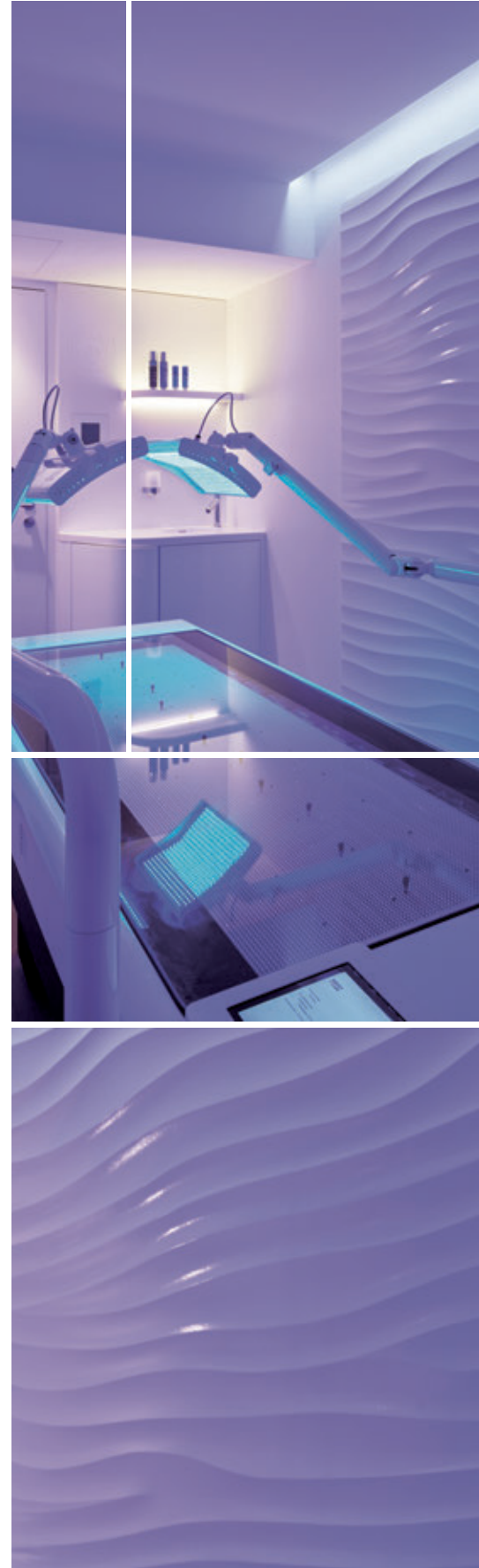
All stays are for 6 nights (except Medical Check-up 5 nights and Weight Management programme 13 nights) including full board and begin with a two-day medical check-up including chest x-ray, electrocardiogram, abdominal ultrasound and laboratory analysis.

STOP SMOKING

About 30 to 50 per cent of smokers will develop lung disease or cardiovascular disease or both. Trying to stop smoking should not just be seen as an aspiration like buying a car or beautiful clothing. To achieve long term abstinence, the process to quit should be perfectly prepared and integrated into your personal lifestyle. The Clinique La Prairie program offers you a multi-faceted approach with high success rates.

BETTER SLEEP

Do you suffer from fatigue, daytime sleepiness, sleepless nights, difficulties in falling asleep and daytime symptoms such as lack of concentration, memory loss or irritability? Up to 40 per cent of the general population complain about having sleep problems yet accept it as an inevitable condition. The clinic's Sleep Program can help you to solve your problems in only six nights.



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ACCOMODATION

Guests stay in one of 59 rooms and suites in the three buildings located on the premises. The Residence, Clinique La Prairie's original building is reminiscent of the opulent charm of early 20th century grand hotels. The Château, a late 19th century monument, was fully restored during the summer of 2005. Located on the top of the hill, it overlooks the entire Clinique La Prairie complex. The Medical Centre a contemporary building was inaugurated in 1991 and refurbished in 2006. All buildings are connected to each other by underground walkways.

RESIDENCE

3 Standard rooms
4 Alcove rooms
2 Junior suites

MEDICAL CENTRE

20 Standard rooms
2 Junior suites
4 Suites

CHÂTEAU

6 Corner rooms
8 Standard rooms
3 Alcove rooms
6 Junior suites
1 Suite

MEDICAL SPA

The multi award winning Medical Spa of Clinique La Prairie, entirely renovated in 2013, is an oasis of beauty and wellness. Carefully crafted by the clinic's medical team, the new Spa menu features over 50 new results-oriented treatments for visible results, promising to satisfy the needs of even the most demanding clientele.

The total surface of the Spa is 1600 m² to include:

18 treatments rooms, out of which: 11 aesthetic rooms, a Well-Being suite, a Private Spa suite, 3 Thai massage rooms, a Photo Stimulation room and a manicure & pedicure suite.

The wet areas include an indoor heated swimming pool, hydrotherapy, sauna and steam room, a Kneipp path, sensorial showers, waterfalls of ice, cold mist and a relaxation room.

A fully equipped fitness studio is also available at the Clinique La Prairie Spa offering personal training, group classes and customised exercise programmes.

At the Café Spa clients can enjoy a healthy meal with reviving views of the mountains. The Café Spa menu is prepared by the clinic's dieticians in collaboration with the kitchen Chef.



AWARDS

2014 AND 2015

First Prize 'Best for Medical Services'
SpaFinder Wellness Travel Awards 2014 and 2015

First Prize 'Destination Spa of the Year'
World Spa & Wellness Awards 2104 (UK)

2012

Third prize Favourite Medical Spa
Condé Nast Traveller 2012 (UK) – Readers' Spa Awards

2011

Runner up World's Favourite Medical / Thermal Spa
Condé Nast Traveller 2011 (UK) – Readers' Spa Awards

2010

Retreat Spa of the Year
Quintessentially Awards 2010 (UK)

2009

Best Destination SPA International
Condé Nast Traveller 2009 (Spain) - Readers' Spa Awards

2008

Best Destination Spa
Condé Nast Traveller 2008 (UK) - Readers' Spa Awards

Favourite Spa in Switzerland
Best Medical Program
SpaFinder (USA)

2007

Runner up World's Best Medical Thermal Spa
Condé Nast Traveller 2007 (UK) - Readers' Spa Awards

2006

World's Best Medical Spa
The Sunday Times (UK)

CONTACT

