



EFFICACY Clinique La Prairie's pioneering approach to healthcare started in Montreux and includes light cellular therapy



THE KEY TO LASTING WELLBEING

LONG LIVE LIFE

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DEFYING AGE, THE RIGHT WAY

How Clinique La Prairie pioneered holistic health

The search for longevity is as old as humankind. When Swiss scientist Paul Niehans developed a groundbreaking cellular therapy to slow down the ageing process in 1931, the world got one step closer in the quest. Today, Clinique La Prairie is keeping Niehans' mission alive in the very same Montreux location where the research was first carried out. With a team of 50 leading medical specialists, it is helping and inspiring people to live a longer, healthier and fuller life.

To take this unparalleled expertise beyond the four walls of the clinic, Clinique La Prairie developed Holistic Health, a range of science-driven, Swiss-made supplements that boost wellbeing from the cells up.

"With our products, we allow people who already feel good to feel better," says Simone Gibertoni, CEO and co-founder of Clinique La Prairie Holistic Health.

Featuring high-diversity natural compounds that even the healthiest of diets can't offer, the supplements in the line are designed to complement a balanced daily lifestyle, thanks to a unique core complex that promotes the natural anti-ageing process.

Because health is so much more than the absence of illness, Clinique La Prairie Holistic Health's ultimate wellbeing solution comes in the form of Age-Defy, the clinic's most comprehensive longevity supplement. Its revitalising ingredients target antioxidation, anti-inflammation and cell regeneration, bringing more than 90 years of transformative rejuvenation into the day-to-day lives of health-conscious individuals.

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SIMONE GIBERTONI

CEO and co-founder, Clinique La Prairie Holistic Health

What is wellbeing to you?

We have a holistic approach to wellbeing at Clinique La Prairie. For me and the entire team, it's so much more than a medical concept. Movement, nutrition and mental health play an equally important role. We are firm believers in preventive medicine and lifestyle changes – you come to us not because of health issues but because you want to enhance the way you live. Health is probably the number one prerequisite for quality of life. Anyone who has been ill knows that it affects the entire body, so we have to do our best to incorporate wellbeing rituals into our daily routine to prevent this from happening.

Is this where the idea behind the Clinique La Prairie Holistic Health supplement range came from?

You can start changing someone's life during a stay at Clinique La Prairie but one or two weeks are only the beginning of this journey of transformation to achieve the ultimate results. This is where the supplements come in. We wanted to offer our clients a powerful, complementary tool that scientifically targets the body's functions and cellular regeneration, all year. We could have gone for an existing supplement but we didn't find anything that satisfied our high standards and rigour. It quickly became clear that we had to launch Clinique La Prairie Holistic Health to offer clients the Swiss quality, efficacy and expertise in longevity that our clinic is known for.

Why did you land on four products and not just one?

We knew from the outset that we didn't want a one-size-fits-all supplement because we strongly believe that long-term wellbeing is much more than one thing. So we deliver a strong statement that has cellular longevity at its core: this is Age-Defy, our star product, next-generation longevity formulation, which boosts the immune system and cell regeneration. But we felt that there was a need for other supplements to reach the objectives we wanted to fulfil. With our range we have everything covered, from the body's detoxifying process to better focus and sleep.

What do you swear by in your personal routine?

I meditate twice daily, which has been a real life-changer. It's funny because it's far from being the latest technology but still, all these millennia later, meditation has exceptional effects on the body and our stress levels. It's important to find time in our busy schedules for the things that make us feel good.



EXPERTISE Simone Gibertoni and Clinique La Prairie's Holistic Health products