



SPA
& WELLNESS

CLINIQUE
LA PRAIRIE

MONTREUX

INFORMATION & RESERVATIONS

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WELCOME TO THE CLINIQUE LA PRAIRIE MEDICAL SPA

Take time out from your routine for beauty, energy and re-balancing treatments in the soothing surroundings of our holistic retreat on the tranquil shores of Lake Lemman. Our unrivalled team of therapists combine expert knowledge of contemporary sciences and ancient healing philosophies with results-driven, state of the art technology to assure an exceptional experience.

Enjoy a carefully crafted range of signature face and body treatments as part of a standalone well-being programme or in combination with the work of our aesthetic medical team. Our treatments take place in serene, sophisticated rooms and use our exclusive range of anti-aging Swiss Perfection products. While you are here, enjoy our Spa facilities, which include an indoor swimming pool with breathtaking views of the mountains. Visit our vitality pool, steam room, traditional saunas, Kneipp path, relaxation room and our indoor-outdoor Café Spa. Enjoy the lounge specifically designed for consultations, while those seeking complete privacy can enjoy our discreet Private Spa Suite. Let us take care of your body and mind so you emerge rested, replenished and completely restored.

CLINIQUE LA PRAIRIE SPA DAY.
A RESULTS-ORIENTATED EXPERIENCE

The Spa Day is a concentration of the best that the Clinique La Prairie Spa has to offer. A series of treatments combining state-of-the-art facilities with the expertise of our beauticians, enhanced by lunch at the Café Spa. An opportunity to let time stand still and blend beauty with well-being.

CLINIQUE LA PRAIRIE
SIGNATURE SPA DAYS

Designed by our expert team of medical Spa specialists, these results-driven treatments combine human touch with technology so you can see a visible difference in your face or body. You might also want to spend time relaxing before or after your therapies in our Spa, and your day might also include a delicious and healthy smoothie or fresh fruit juice, main course and dessert at our Café Spa. All of these amenities can be enjoyed as part of our Signature Spa Days.

FACIAL SPA DAYS

Clinique La Prairie Facial Toning Day

180 minutes

Our age-defying toning day uses state-of-the-art treatments to lift and firm your skin and smooth away lines and wrinkles. An Icoone® Facial Treatment will restore freshness and elasticity to the face, neck and cleavage and ease expression lines. Tiny heated electrodes will stimulate the renewal of collagen, while a mask and massage feeds the skin with stress-busting vitamins, minerals and enzymes. We finish with a session of Cellular Facial Photostimulation, to further stimulate collagen production.

Clinique La Prairie Facial Purifying Day

180 minutes

This cleansing treat for your face will deeply clean pores, restore elasticity and even out your complexion. An exfoliation and massage will deeply cleanse your skin, reduce oil production and help skin tissue heal. We then use micro needles to boost elasticity and improve tone and texture, while oxygen pushes purifying active ingredients deep inside your skin cells. We finish with a session of Cellular Facial Photostimulation to further stimulate collagen production.

Clinique La Prairie Facial Rejuvenating Day

180 minutes

Our super-rejuvenating day features treatments to nourish, hydrate and refine your skin so that you emerge looking and feeling your best. Tiny heated electrodes will stimulate the renewal of collagen while oxygen pushes rejuvenating active ingredients deep inside your skin cells. A massage and collagen mask stimulate circulation, restore elasticity and resculpt your face, while a session of Cellular Facial Photostimulation will further stimulate collagen production.

Clinique La Prairie Facial Brightening Day

180 minutes

A restorative day designed to improve the texture of your skin and boost collagen renewal so you emerge with a smoother, brighter complexion. Micro crystals will exfoliate and deeply regenerate the skin, while tiny, heated electrodes stimulate the renewal of collagen. A massage and collagen mask brightens your skin, improve its texture and refine the size of your pores, while a session of Cellular Facial Photostimulation further stimulates collagen production.

BODY SPA DAYS

Clinique La Prairie Body Toning Day

180 minutes

This uplifting day combines three treatments to give you a more slender and toned silhouette. A body peel and wrap help tighten and firm the skin by improving its elasticity and boosting collagen production. A patented Radio Frequency (RF) treatment quickly reduces unwanted fat and cellulite, while a session of Lymphatic Drainage through Pressotherapy encourages lymph flow, improves circulation and detoxes the body.

Clinique La Prairie Body Purifying Day

180 minutes

This cleansing series of treatments will detox and energise your body and help you reduce weight. An Icoone® Body Treatment stimulates blood circulation and tones the skin. A body peel and wrap then help detoxify the skin, helping rid cellulite and easing water retention. We finish with a session of Cellular Body Photostimulation to further stimulate collagen and elastin production.

Clinique La Prairie Body Rejuvenating Day

180 minutes

This age-defying day combines treatments to revitalise and reshape your body and lift your spirits. A body peel and wrap help tighten and firm the skin by improving its elasticity and boosting collagen production. A session of lymphatic drainage and connective tissue massage detoxes the body, stimulates collagen and improves blood circulation. We then use micro needles to treat an area of your body that you want to target such as treating cellulite, stretch marks, scars or loss of firmness. The fine needles boost elasticity and improve tone and texture, while oxygen pushes rejuvenating active ingredients deep into the cells. We finish with a session of Cellular Body Photostimulation to further stimulate collagen production.

Clinique La Prairie Body Firming & Smoothing Day

180 minutes

A day especially designed to help redefine your figure and reduce cellulite, so you emerge looking more toned and feeling firmer. We begin with a dynamic Cellulite Control Treatment, which features a body peel and wrap to reshape the body using a special thermo cream. A patented Radio Frequency (RF) technique quickly reduces unwanted fat and cellulite, while a session of Lymphatic Drainage through Pressotherapy encourages lymph flow, improves circulation and detoxes the body.

THE ULTIMATE EXPERIENCE
IN THE WORLD OF THE CLINIQUE

Clinique La Prairie Journeys are an invitation to a dream. A complete experience, a personalised programme that lasts a full day and offers, in addition to an extraordinary range of treatments, a beauty and well-being assessment, a dietary check-up and lunch at the Café Spa. Clinique La Prairie, for you.



CLINIQUE LA PRAIRIE
SPA JOURNEYS

Retreat with us for a dreamy day of total relaxation and let your stress and tension float away. You will emerge replenished and renewed with indulgent, tailor-made programmes designed for men and women who want to look and feel their best.

CLINIQUE LA PRAIRIE SPA JOURNEY FOR WOMEN

For women who want to feel and look their best, your indulgent day of treatments includes:

- a Swiss Perfection Cellular Body Exfoliation and a soothing wrap specifically chosen for your skin type for deep cleansing and skin hydration,
- a dynamic Clinique La Prairie Firming Massage to tone the whole body or a comforting Clinique La Prairie Relaxing Massage to calm the nerves and relieve tight muscles or a Clinique La Prairie Manual Lymphatic Drainage to encourage lymph flow, improve blood circulation and help your body naturally detoxify,
- a Swiss Perfection Facial of your choice from our extensive menu to detox, hydrate and revitalise your face,
- a Swiss Perfection add-on treatment – choose from a Cellular Eye Contour to refresh, uplift and perfect the appearance of your eyes, a Cellular Hand and Arm Treatment to make a visible difference to all signs of ageing on the skin of your hands and arms or a Cellular Neck and Décolleté Treatment to firm, smooth and tone your neck and décolleté area,
- a Cellular Luxury Manicure or a Cellular Luxury Pedicure to relieve any remaining tension and leave your hands or feet looking fantastic,
- a session with our hairdresser which includes expert and stimulating hair brushing.

CLINIQUE LA PRAIRIE SPA JOURNEY FOR MEN

For men who want to feel and look their best, your rejuvenating day of treatments includes:

- a Cellular Back Purity for Men with a scrub, extraction and mask to cleanse, ease and nourish the skin,
- a dynamic Clinique La Prairie Firming Massage to tone the whole body or a comforting Clinique La Prairie Relaxing Massage to relieve tight muscles or a Clinique La Prairie Manual Lymphatic Drainage to encourage lymph flow, improve blood circulation and help your body naturally detoxify,
- a Cellular Skin Cleanse for Men to soothe and revitalise your face and help prevent sun damage,
- a Cellular Regular Manicure or a Cellular Regular Pedicure to leave your hands and feet looking fantastic,
- a session with our hairdresser, to include a scalp massage, hair mask and hair cut.

CLINIQUE LA PRAIRIE

THAI SPA JOURNEY

For the stressed and weary, your healing day of treatments includes:

- a session in the steam room to calm the mind and cleanse the skin,
- a scrub to stimulate circulation followed by a traditional oil massage to soothe and nourish,
- a Therapeutic Thai Massage to release muscular tension and stiffness in the whole body and to de-stress the mind. This treatment combines a traditional Thai massage, Thai reflexology, Thai scalp massage and the use of warmed herbal poultices to help loosen tight muscles and joints.



HIGH-TECH TREATMENTS.
RESULTS-DRIVEN TECHNOLOGY

Our high-tech treatments combine more than 10 patented, non-invasive technologies for maximum results. All treatments have been developed in collaboration with our medical team.

CLINIQUE LA PRAIRIE
HIGH-TECH TREATMENTS

At our Medical Spa we offer the best results-driven, state of the art technology to ensure that we take proper care of your face and body. Our highly trained team of beauticians will help you decide which treatment is right for your particular needs so that you emerge renewed and refreshed.



OXYGEN. THE SECRET
OF A FRESH COMPLEXION

For this we use a device that delivers hyperbaric oxygen. By means of a jet of pressurised oxygen, microbubbles charged with active serum penetrate the skin. The combination of molecules of vitamins, minerals and anti-oxidants helps to hydrate the skin deep down and combat visible signs of ageing.

FACIAL TREATMENTS

Facial Redensifying High-Tech Treatment

Two 90 minute sessions

Recommended for people of any age and for all skin types, even the most sensitive, this treatment features two 90 minute sessions to give you a smoother, brighter complexion and to reduce wrinkles.

Session one uses micro crystals to exfoliate the skin, and oxygen to push beautifying, active ingredients deep into the cells.

Session two uses micro needles to boost elasticity and improve tone and texture, while a further dose of oxygen regenerates your skin. Both sessions conclude with a deliciously soothing mask.

Facial Simonin High-Tech Treatment

40-90 minutes

This treatment helps to lift and shape the contour of the face and eyes. Twelve fine needles are delicately used to stimulate the production of collagen and help improve the skin's elasticity. Your session starts with the application of anaesthetic cream applied 30 minutes prior to the treatment to ensure a painless procedure. We recommend a minimum of three sessions.

BODY TREATMENTS

Facial Natural Lifting High-Tech Treatment

30-40 minutes

This relaxing, painless treatment can smooth facial features in just a few minutes. It uses an Icoone® machine to ease expression lines and restore freshness and elasticity to the face, neck and cleavage and is suitable for even the most delicate areas, including the eye contour. The length of the session will depend on how much of your skin you would like to treat as well as your skin type.

Cellular Facial Photostimulation

10-20 minutes

A perfect accompaniment to one of our Swiss Perfection facials, this superb treatment uses therapeutic LED light to treat a wide range of issues such as general skin aging, scars or acne in a very short amount of time. The length of the session will depend on your skin type.

Hair Regenerating High-Tech Treatment

20 minutes

An ingenious treatment designed to slow down hair loss, protect the strength and volume of your hair and leave it shiny and healthy. During your session gold electrodes are brushed against the scalp, producing a pleasantly warm and vibrating sensation. We recommend you avoid washing your hair for at least six hours afterwards.

Body Redensifying High-Tech Treatment

Two 60-75 minute sessions

This targeted, multi-talented treatment is recommended for people of any age and for all skin types, even the most sensitive. It will detoxify and reshape arms, stomach or thighs by diminishing cellulite and water retention, helping to reduce stretch marks and stimulating circulation. Book a session for each area you want to treat.

Session one features lymphatic drainage to cleanse the skin and a massage to stimulate collagen production and circulation. Micro crystals are used to exfoliate, while oxygen pushes beautifying, active ingredients deep into the cells.

Session two includes further drainage and massaging, and then uses micro needles to boost elasticity and improve tone and texture while a further dose of oxygen regenerates your skin. Both sessions conclude with a soothing application of Swiss Perfection body lotion.

Body Remodelling High-Tech Treatment

40 minutes

This relaxing, bespoke beauty treatment uses the Icoone® machine to stimulate blood circulation and detox the skin tissue. You will have slimmer, more toned arms, stomach or thighs after just one session.

Body Contouring High-Tech Treatment

45-90 minutes

The non-invasive Maximus® machine is particularly effective in treating cellulite and improving body shape. It treats four layers of skin with patented Radio Frequency (RF) technology to quickly reduce unwanted fat, restore elasticity and contour the body. Choose the area of your body you want to work on – the length of your session depends on the area you need to treat and your skin type. The treatment concludes with a light drainage massage of the treated area.

Cellular Body Photostimulation

10-20 minutes

A perfect accompaniment to one of our Swiss Perfection body treatments, Cellular Body Photostimulation enables us to treat a wide range of issues such as general skin aging, cellulite, stretch marks or scars in a very short amount of time. The length of the session will depend on your skin type.

Lymphatic Drainage through Pressotherapy

30 minutes

Perfect for toning your legs, our state of the art pressotherapy machine encourages lymph flow and improves blood circulation. We recommend a minimum of three sessions.



RADIOFREQUENCY.
THE ALLY OF FIRM, TONED SKIN

For this we use the non-invasive Maximus® device. Using a patented radiofrequency technology, we treat all four layers of the skin to encourage the elimination of unwanted fat, restore the skin's elasticity and reshape the figure.



CLINIQUE LA PRAIRIE HIGH-TOUCH TREATMENTS

For our range of classic massages, our therapists use Swiss Perfection Cellular Body Massage Oil to rejuvenate and nourish your skin. They expertly tailor their technique to suit your individual needs. We recommend you use the sauna and steam room to relax and prepare your muscles before any of our High-Touch treatments. Couples can enjoy massages side by side in our elegant Private Spa Suite.

Signature Massage

30 or 60 minutes

Are you feeling especially stiff in your back, legs, head or feet, or are you suffering from an injury? Let our therapists employ their skill and strength to treat a particular area of your body. This is a unique, tailored experience; choose to have a gently relaxing massage or something deeper and more robust.

Relaxing Massage

60 or 90 minutes

This intensely comforting, all over body massage is designed to calm the nerves and relieve tight muscles. It is especially good for those with jet lag or who need to de-stress and unwind.

Firming Massage

60 minutes

This strong, dynamic massage tones the body by increasing blood circulation and by enabling more oxygen and nutrients to reach your tissue and vital organs.

Cellulite-Control Massage

30 minutes

This carefully crafted massage will improve your skin texture, help you eliminate emerging cellulite and, remodel and restore balance to your body. A perfect accompaniment to our Swiss Perfection Cellular Cellulite-Control Treatment.

Manual Lymphatic Drainage

60 minutes

This manual lymphatic drainage uses light, sweeping strokes to encourage lymph flow, improve blood circulation and help your body naturally detoxify. It's especially effective for those who have scar tissue, spider veins or acne, and helps reduce swelling before and after plastic surgery.

Reflexology

50 minutes

Reflexology is a wonderfully relaxing foot treatment based on the theory that specific areas of the feet correspond to particular areas of the body. Your therapist will apply pressure to your feet to rebalance your whole body and stimulate the body's healing processes.



CLINIQUE LA PRAIRIE WORLD TREATMENTS

Based on ancient healing philosophies, a selection of Ayurvedic and Thai treatments has been sensitively curated to offer you the ultimate relaxation experience. Step into a blissful journey enriched with holistic techniques that will balance your mind, body and soul.

AYURVEDIC INSPIRATION

Ayurveda is a rejuvenating system of holistic health from India named after the Sanskrit for “knowledge” (veda) “of life” (ayur). Ayurvedic treatments are designed to help rebalance the three energies or “doshas” that govern our bodily systems – vata (air), pitta (fire) and kapha (earth). Most effective when they are enjoyed daily for a week or more, they are a nourishing way to calm and strengthen both mind and body.

Abhyanga

60 or 90 minutes

This deeply nourishing massage uses warmed, organic sesame oil and long sweeping strokes to soothe and de-stress the entire body. The therapist will adapt the pressure of the massage to suit your “dosha”, and finish the treatment with a therapeutic head massage to ensure you leave the massage bed in a state of total bliss.

Shirodhara

60 minutes

In this traditional treatment, a continuous stream of warmed organic sesame oil is poured across the forehead and scalp to help you switch off. It is particularly good for those who have trouble sleeping. Combine it with an ayurvedic massage, or enjoy it alone.

THAI INSPIRATION

Thai massage is based on the theory that we have meridians or ‘energy lines’ running through our bodies. To balance energy and release blocks, the therapist can use her palms, fingers, elbows, forearms and feet to perform intense stretches and pressure point massages along these meridians. The pressure will always be adjusted to suit your needs.

Traditional Thai Massage

60 or 90 minutes

This strong, authentic treatment combines deep tissue massage, acupressure, gentle rocking and assisted stretches to release muscular tension and stiffness in the whole body and de-stress your mind.

Therapeutic Thai Massage

120 minutes

This wonderfully releasing treatment combines a traditional Thai massage with Thai reflexology and a Thai scalp massage. Our therapists also use warmed herbal poultices to help loosen tight muscles and joints.



FACIAL TREATMENTS

BY SWISS PERFECTION

Created by our exclusive brand, Swiss Perfection, our exceptional facials draw on the potent age-defying power of the Iris flower root. Combined with other key anti-oxidant ingredients and advanced techniques, they regenerate and rejuvenate the skin at a cellular level and achieve visible, long lasting results.

Each treatment starts with a brief de-stress massage of the neck and shoulders, and features several phases of cleansing, a skin analysis and a tailored facial massage. We work with state of the art machines that use miniature, heated gold electrodes to stimulate the renewal of collagen, and you'll receive a soothing hand and arm massage whilst your skin absorbs the benefits of potent masks. Let our therapists help you select the facial that is right for you.

AGE-DEFYING TREATMENTS

Cellular Exclusive Lift Concept

90 minutes

For skins in need of a lift, this ultimate age-defying facial will firm your skin and smooth away lines and wrinkles. Enjoy a mask and a massage to feed the skin with stress eliminating vitamins, minerals and enzymes.

Cellular Hydrating Rejuvenation

90 minutes

For thirsty skin, this hydrating facial will stimulate circulation, restore elasticity and re-sculpt your face. The centrepiece is a collagen mask with hyaluronic acid and a moisturizer that regulates the skin's moisture content and boosts cell renewal.

Cellular Anti-Oxidant

90 minutes

For tired and prematurely aging skin, this facial harnesses the powers of vitamin E and vitamin C to repair free radical damage, stimulate cell metabolism and deeply moisturize.

FOR RADIANCE

Cellular Facial Caviar Treatment

90 minutes

For tired, dull skin and puffy eyes, this revitalizing facial features a protein-rich caviar mask to stimulate cell metabolism and make your skin look and feel nourished and healthy.

Cellular Brightening Radiance

90 minutes

For skin with hyper-pigmentation and uneven tones, this facial will brighten your skin, improve its texture and refine the size of your pores. The centrepiece is a collagen mask which will even out your complexion.

TO PURIFY

Cellular Purifying Control

90 minutes

For those with acne-prone skin or acne scars, this regenerating facial deeply cleanses the pores, reduces oil production and helps skin tissue heal. The centrepiece is a collagen mask which soothes irritated skins. You will emerge with a softer, more even complexion and visibly improved skin texture.

Cellular Skin Cleanse for Men

90 minutes

For men of any age, this cleansing, refreshing facial harnesses the powers of vitamin A and vitamin E to soothe and revitalize the skin and help prevent sun damage. You will emerge with a visibly fresh, more youthful appearance.

ADD-ONS

Complement your facial with our “add-on” treatments.

Cellular Eye Contour

20 minutes

Refresh, uplift and perfect the appearance of your eyes and delicate eye area with this fast-working treatment that uses masks and brightening serums to diminish fine lines and wrinkles.

Cellular Hand and Arm Treatment

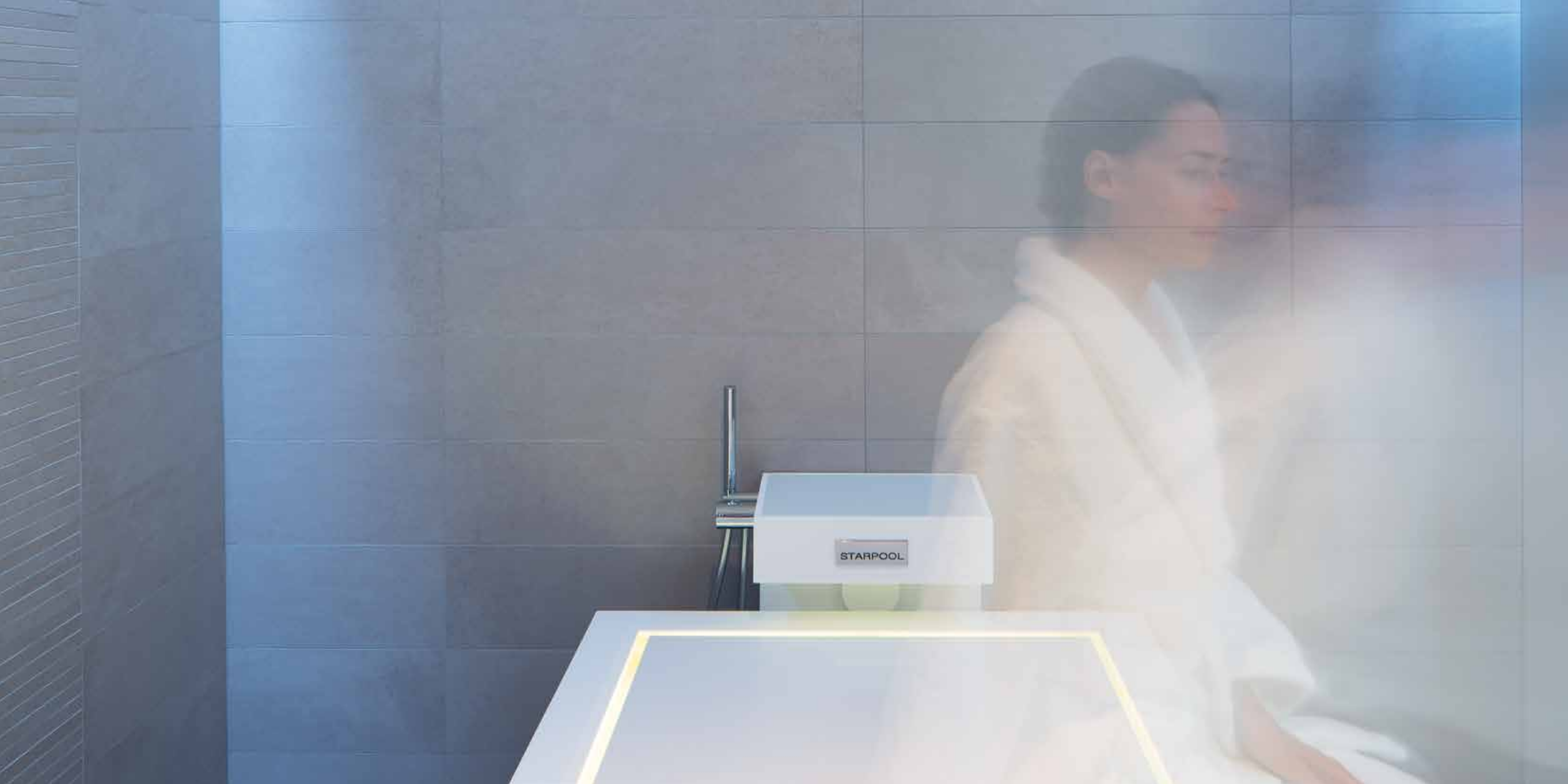
20 minutes

A highly rejuvenating and toning treatment to make a visible difference to all signs of ageing on the skin of your hands and upper arms, including dark spots, sagging skin and general dryness.

Cellular Neck and Décolleté Treatment

20 minutes

Firm, smooth and tone your neck and décolleté area with this reshaping treatment designed to tackle wrinkles skin sagging skin.



CLINIQUE LA PRAIRIE
WELL-BEING SUITE

The heated treatment table in the Well-Being Suite is inspired by the hot white marble of hammams of the Middle East. Combining tradition and modernity, the table's structure allows you to benefit from a full body exfoliation, right through to rinsing, while heat and light levels can be personalised. A unique sensorial experience.

ADVANCED BODY TREATMENTS

BY SWISS PERFECTION

These exceptional beauty treatments regenerate and rejuvenate your skin at a cellular level achieving visible, long lasting results. Each treatment starts with a soft peel and features a mask packed with powerful ingredients, a heated wrap to help activate them and a relaxing foot massage. Let our therapists help you select the treatment that is right for your body.

Cellular Detoxifying Body Treatment

90 minutes

For those looking to lose weight, this deeply cleansing treatment helps detoxify the skin, get rid of cellulite and ease water retention. You will feel fresher and more energised.

Cellular Firming Body Treatment

90 minutes

For a more slender and toned silhouette, this restorative treatment helps tighten and firm the skin by improving its elasticity and boosting collagen production. Your skin will look and feel smoother and more supple.

Cellular Regenerating Body Experience

120 minutes

This divine Swiss Perfection treatment uses special regenerating masks and a heated wrap to cleanse, hydrate and relax the entire body, including your hands and feet. You will emerge with smooth skin and a profound feeling of freshness and wellbeing.

Cellular Cellulite Control Treatment

90 minutes

For those with cellulite and tummies, this dynamic treatment will reshape the body using a special thermo cream. You will feel firmer and look more toned.

Cellular Exfoliation

60 minutes

This highly relaxing treatment will stimulate blood circulation and remove dead skin cells. It begins with a quick oil rub before your skin is exfoliated using our Cellular Regenerating Salt.

Cellular Back Purity

60 minutes

This purifying treatment for the back includes a detoxifying scrub, thorough steam and extraction techniques to further open and cleanse the pores as well as a mask to purify and hydrate the skin.



CLINIQUE LA PRAIRIE
PRIVATE SPA SUITE
EXPERIENCES

3 or 4 hours

Our Private Spa Suite provides a serene space where two people can relax together in private. This exclusive space includes a slate-grey steam room, a jacuzzi bath and a traditional wooden sauna. Book 3 or 4 hours of private Spa time and enjoy a bath, peeling and wrap treatment followed by a 60 or 90 minute massage. Cocoon yourself in this tranquil environment, forget about time and emerge fully restored. To complete your experience, indulge in a healthy lunch and selection of mouth-watering juices and shakes at our new Café Spa while enjoying striking views of the Alps and Lake Lemman.

KNEIPP AND HYDROTHERAPY

The Kneipp path is explored with bare feet and consists of immersing the feet and legs for a few moments in pools of water at different temperatures. The warm water cure relaxes, the cold water tones and invigorates. The thermal shock stimulates the blood circulation and strengthens the immune system, while having a beneficial effect on different ailments such as high blood pressure and headaches.



CLINIQUE LA PRAIRIE

FINISHING TOUCHES

Cellular Luxury Manicure

90 minutes

This outstanding hand treatment includes a massage and thorough cuticle and nail work to leave your hands feeling and looking their best. Finish with a polish in a colour of your choice.

Cellular Luxury Pedicure

90 minutes

An indulgent pedicure to banish cracks and dryness, relieve tension in your legs and feet, and buff your nails to a shine. Finish with a polish in a colour of your choice.

Cellular Regular Manicure

60 minutes

This outstanding hand treatment includes massage and thorough cuticle and nail work to leave your hands feeling and looking their best. Perfect for men – or women who do not want their nails to be polished.

Cellular Regular Pedicure

60 minutes

A foot treatment to banish cracks and dryness, relieve tension in your legs and feet, and buff your nails to a shine. Perfect for men or women who do not want their nails to be polished.

Other Services

Waxing, tinting and hair dressing services are available for those who have booked a treatment – contact our Spa reception for bookings.

CLINIQUE LA PRAIRIE DERMATOLOGY CENTRE

Our Dermatology Centre offers the very best care for skin in need of specialist treatments. Book a thorough Dermatological Consultation with one of our doctors to discuss a programme appropriate to your situation and goals.

Treatments include:

Cellular Meso Cure Treatment

60 minutes

This comfortable facial procedure reduces and prevents wrinkles and is suitable for skins of any age. Fine needles push a rejuvenating serum of natural vitamins, minerals and hyaluronic acid deep into the skin, to stimulate the production of new cells and collagen which is both lifting and firming. A natural collagen mask then fully hydrates the skin, ensuring that you leave looking more radiant and youthful.

Fractional Laser Treatment

Designed to quickly and easily treat mild to moderate wrinkles or skin conditions such as pigmented lesions, this effective, non-invasive facial treatment uses a laser light to stimulate collagen production and diminish the appearance of fine lines around the eyes and mouth.

Thermage Treatment

Designed to treat your face, neck, eye area or any other part of your body, this non-invasive procedure uses patented Radio Frequency (RF) technology to safely heat the deeper layers of your skin. This stimulates existing collagen and new collagen growth, making your skin smoother, firmer and more youthful.



CLINIQUE LA PRAIRIE HEALTH CLUB MEMBERSHIP

Clinique La Prairie Health Club Membership will grant you unlimited access to all areas of the Spa facilities including the gymnasium, swimming pool, vitality pool, steam room, sauna & relaxation room. Your membership begins with a medical consultation and analysis followed by tests with a personal trainer and discussions with a specialist nutritionist so as to establish your monthly health programme. A quarterly evaluation will ensure the right follow-up for the best results. You can also benefit from a variety of specialist group training sessions and classes as well as add-on programs. Other exclusive benefits include discounts on Swiss Perfection products and Spa treatments. Clinique La Prairie Health Club Membership has been designed by our team of experts to recognise each person's individuality and to offer a fully integrated approach to well-being. It is an invitation to experience exceptional services, state of the art technologies and a holistic philosophy at our world renowned clinic. For further information regarding our exclusive Health Club, please contact our membership specialist: healthclub@laprairie.ch.



CLINIQUE LA PRAIRIE

HOW TO SPA

Opening hours

Spa reception

monday to friday 07:30 – 20:00
saturday and sunday 09:00 – 18:00

Health Club

07:30 – 21:00

Treatment times

09:00 – 20:00 upon reservation

Café Spa

10:00 – 19:00

Scheduling an appointment

To schedule an appointment, please contact our Spa reservation team who will be able to help you choose the perfect treatment. Treatments booked by guests not staying at the clinic need to be accompanied by a valid credit card.

Arrival Time

Please arrive at the Spa reception 15 minutes before your treatment time. This will ensure you sufficient time to complete consultation with a Spa specialist before your treatment.

Spa facilities

We offer an indoor swimming pool, a Cool Breeze shower, a vitality pool, a steam room, a traditional sauna and a Kneipp path. Be sure to rest in-between sessions, and to drink plenty of water. We recommend you allow at least an hour to enjoy the Spa facilities prior to a treatment. Afterwards, you can rest in the relaxation room.

Peace & quiet

In consideration to other Spa guests, please refrain from using mobile phones in the Spa.

Gift Voucher

An exclusive gift idea for someone special. Please contact the Spa reception for details.

Valuables

Please do not leave any valuables in the changing rooms, and be sure to take your belongings with you at the end of each day. The management cannot accept responsibility in the event of theft or loss.

Spa Etiquette

Outdoor shoes should not be used in the Spa area except in the corridor leading to the changing rooms. All Spa guests should only undress in the changing rooms, and take a shower before using the facilities. Kindly note that any inappropriate behaviour during a treatment will result in its termination and responsibility for all treatment costs. Clinique La Prairie is a smoke free environment.

Safety

Children under the age of 16 are not allowed in the Spa. Please do not dive into or run alongside the swimming pool. Bathing is unsupervised, and the management cannot accept responsibility in the event of an accident.

Cancellation conditions

Please inform us at least 24 hours in advance of any change of appointment or cancellation; failure to do so will result in the total cost of the treatments being invoiced to you. For any booking made less than 24 hours in advance, you will be invoiced the total cost of the treatment should you not be present.

