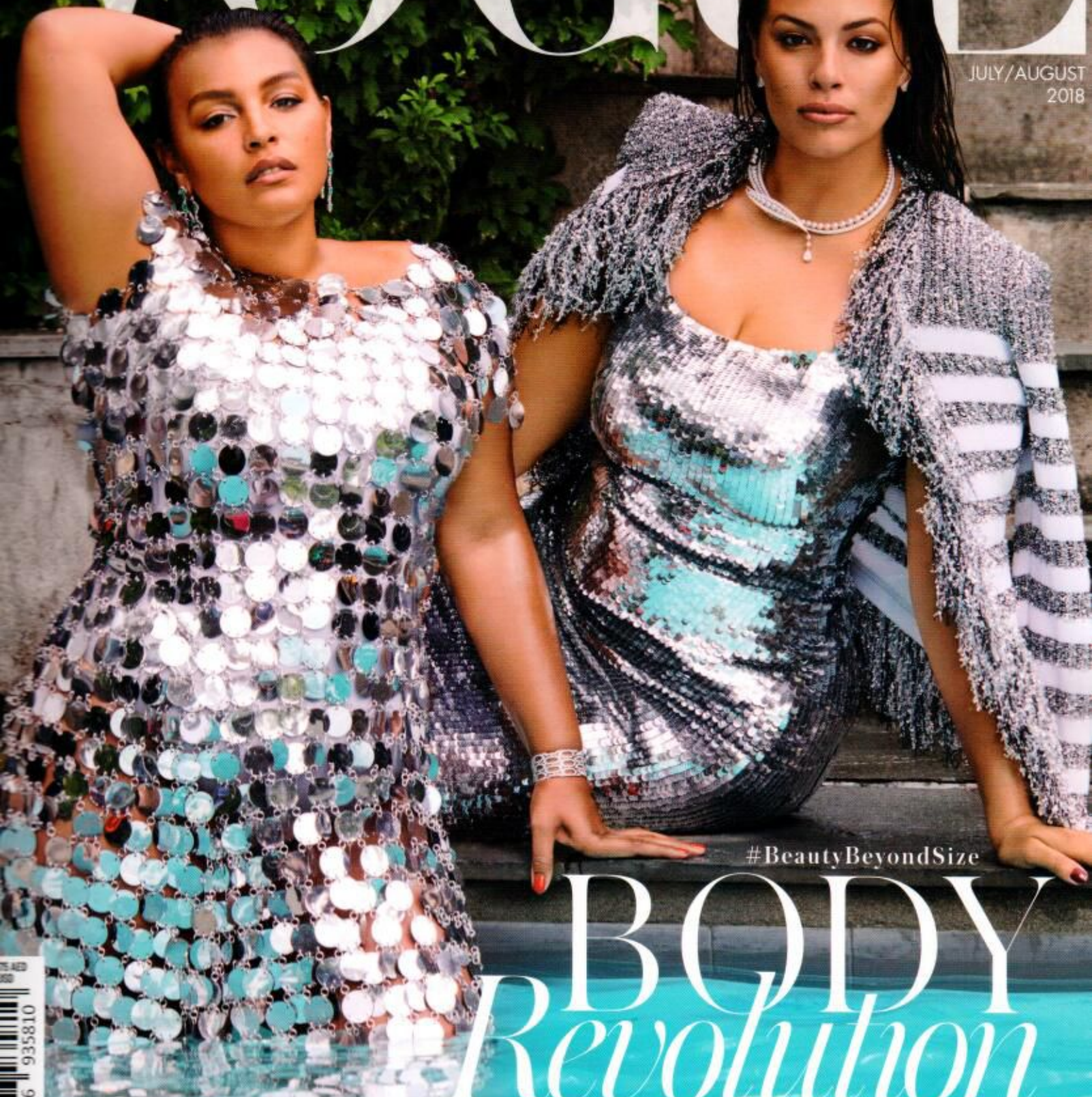


# VOGUE

ARABIA

JULY/AUGUST  
2018



#BeautyBeyondSize

# BODY *Revolution*

The best **SUMMER LOOKS**  
to celebrate *all shapes*

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# VOGUE

ARABIA

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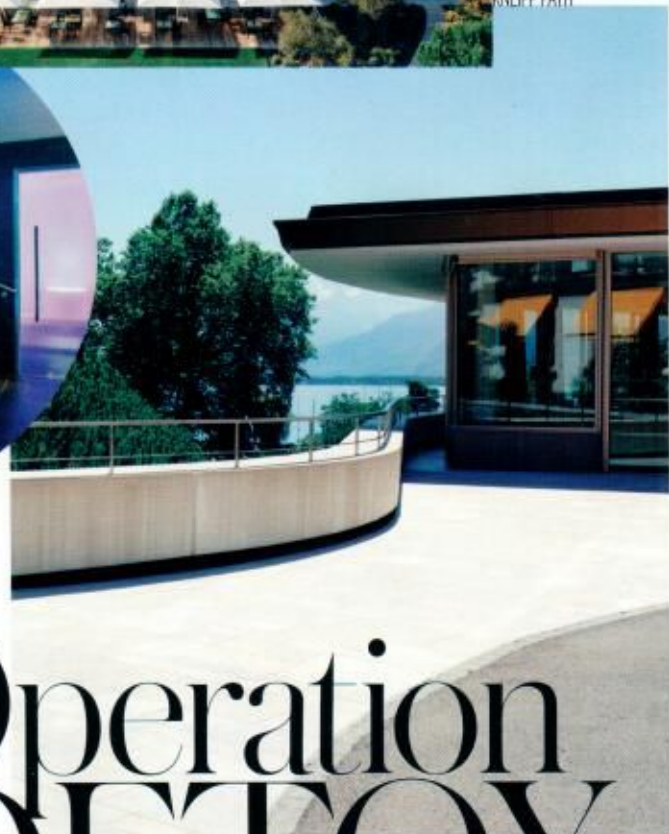
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Indulge your oceanic obsession





CLINIQUE LA PRAIRIE IN SWITZERLAND FEATURES SPRAWLING LAKE VIEWS AND GARDENS  
**BELOW LEFT** THE HYDROTHERAPY KNEIPP PATH



**I**t is only July and after intense months of work, you already feel your energy levels dropping. You are not able to concentrate, you cannot sleep. Your skin has lost its glow. Exceptionally high-paced lives have a negative impact on our health – that explains why some of the biggest fashionistas and celebrities find shelter in ultra-exclusive medical retreats. Their ultimate objective: a full-on detox.

Reigning as one of the most luxurious – and effective – is Clinique La Prairie, located in the idyllic lake village of Clarens, in Switzerland. Its world-renowned four-day Master Detox program is the jewel in its crown. Not to be confused with a spa, the clinic founded its programs on deep scientific knowledge, offered by more than 50 specialists based in the hospital on the property. Objectives include purifying the body, activating its self-healing ability, and reeducating visitors' habits.

The journey begins at the doctor's office, where newly arrived visitors engage in medical check-ups, including blood tests and heavy metal screening. And, of course, the feared scale. Although losing weight is not the main goal, shedding some kilos can be expected. The results will guide your tailor-made detox plan, giving insightful information that should be respected even after leaving the clinic.

One of the features that makes the Clinique La Prairie so special is its comfort levels. With rooms as luxurious as in any five-star hotel, the facilities offer panoramic views of the gorgeous landscape. It is in the privacy of their suites that guests are visited by the clinic's dietician, who explains all the steps of the food plan. Focusing on your metabolism and nutritional micro-equilibrium, herbal infusions, vegetables, fruits, and proteins are carefully curated in your new diet. But don't expect "boring" meals or hunger pains. The fine dining dishes are presented with panache, as culinary masterpieces. Try, for instance,

# Operation DETOX

A low-profile village in Switzerland hides one of the beauty world's best-kept secrets. Prepare to experience the cleanse that will change your life

*raviolo aperto* inspired by the work of Jackson Pollock, or an orange desert bejeweled with edible gold leaf.

While staying at the clinic, relaxing is fundamental. Therapists from all over the world have created a unique spa menu that will rebalance your zen. Being active is also part of the experience. From brisk walks along the shores of Lake Geneva to personal training sessions, everyone will find

something to match their fitness level. Anti-gravity yoga is also part of the offer, inviting guests to stretch, tone, and relax à la Cirque du Soleil. You will surely realize while you are floating in the air that you are becoming more grounded. □  
*Master Six-Day Detox from AED60 000. Laprairie.ch*