

## REBALANCING PROGRAM

When suffering from extreme fatigue, stress and insomnia, it is time to take steps to address the situation before the symptoms become any worse. Taking advantage of the clinic's rebalancing program will help restore harmony to both body and mind. Clients taking advantage of this program will leave Clinique La Prairie feeling calm and revitalised and with the necessary tools to better manage and control the stress and tensions of everyday life.

### OUR PROGRAM INCLUDES

- Six nights from Sunday to Saturday including full board
- Consultation and daily follow-up by the attendant doctor, and full nursing care
- A medical check-up: laboratory analyses, chest x-ray, ECG, abdominal ultrasound
- One screening for skin lesions
- One interview with the psychologist and your choice of three 1-hour sessions of yoga, sophrology or psychology
- One 90-minute facial treatment by Swiss Perfection of your choice (Cellular Exclusive Lift Concept excluded)
- One 90-minute body treatment by Swiss Perfection of your choice (Cellular Regenerating Body Experience excluded)
- Two high-tech natural lifting facial treatments followed by two sessions of cellular facial photostimulation
- Two high-tech remodelling body treatments followed by two sessions of cellular body photostimulation
- Four 60-minute high-touch treatments of your choice
- One 120-minute Ayurvedic treatment to include an Abhyanga massage followed by traditional Shirodara treatment
- Three personal training sessions
- Group fitness and aquagym classe
- Access to the fitness centre, swimming pool, sauna, steam room and vitality pool
- Dietetic follow-up upon request
- One personalised advice at the Center for Aesthetic Medicine and the Beautymed Center
- Limousine services from/to the airport or train station
- All non-alcoholic beverages
- 10% discount for additional Spa treatments

