

## WEIGHT MANAGEMENT PROGRAM

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This exclusive Clinique La Prairie Weight Management program offers a multidisciplinary approach with the assistance of a nutritionist, dietician, personal fitness trainer, psychologist, massage therapist and aesthetician. This program is suitable for any adult suffering from a weight issue.

### OUR PROGRAM INCLUDES

- Thirteen nights from Sunday to Saturday 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
- An evaluation to detect possible apnoea and sleeping disorders (examinations and consultation with the specialist)
- One stress test and one consultation with a cardiologist
- Three interviews with a psychologist
- One calorimetric test
- Monitoring of daily activity (pedometer)
- One body composition analyse (bioimpedance) Tanita®
- One Tanita® scale to take home
- One personalised advice at the Center for Aesthetic Medicine and the Beautymed center
- Group fitness and aquagym classes
- Access to the fitness center, swimming pool, sauna, steam room and vitality pool
- Limousine services from/to the airport or train station
- All non-alcoholic beverages
- 20% discount for additional Spa treatments

### AND EACH WEEK

- One consultation with the nutritionist
- Two consultations with a dietician
- One personal training session and one monitored session every day
- Two high-tech contouring body treatments followed by two lymphatic drainages through pressotherapy
- Three high-tech remodelling body treatments
- Two 30-minute cellulite-control massages

### OVER 50 SPECIALISTS WORK AT CLINIQUE LA PRAIRIE

Medical consultations (neurology, rheumatology, cardiology, pneumology, dermatology, psychiatry, ENT, etc), general surgery, orthopaedic, gynaecology, plastic and reconstructive surgeries, nutrition, dietetics, physiotherapy, acupuncture and relaxation.

