

CLINIQUE
LA PRAIRIE
瑞珀妮

HEALTH RESORT
ANJI

BRAIN POTENTIAL

COGNITIVE PERFORMANCES

BRAIN POTENTIAL

7 days, 6 nights

Unlock the secret of full brain potential.

Brain Potential program is a genuinely transformative and integrated holistic approach rooted in the philosophy of preventive 4 pillars. This approach seeks to redefine the very essence of wellbeing and continually propel the boundaries of cognitive potential. It represents an innovative concept underpinned by rigorous scientific principles and harnessing the most advanced technology available.

This approach offers a comprehensive 360-degree intervention designed to propel individuals toward optimal brain health and unleash their full cognitive performance. It stands as the most advanced program worldwide, serving as a blend of medical expertise and wellness initiatives aimed at optimizing brain health and performance.

The objectives are:

- » Promote optimal brain functions and cognitive health towards performance and longevity
- » Support mental health and prevent cognitive decline
- » Enhance stress management
- » Rebuild the highest physical and mental potential

Price: Starting from 195,000 CNY
Including full board (non-alcoholic beverages)

Brain Potential program includes:

- Led by doctors, with comprehensive and trustworthy medical assessment.
- An exclusive, proprietary and science-based approach including CLP Brain Health formulas.
- DNA Brain Health testing to build your bespoke health map.
- Tailored neuro-nutrition, preventative medicine plans and lifestyle.
- Rejuvenating and brain-stimulating wellness therapies.

Longevity Brain medical technologies and consultations

- Longevity consultations
- Medical check-up: advanced lab test, CT scan, abdominal ultrasound
- Brain MRI
- Optimal brain functions DNA screening
- Cardiovascular assessment: an exercise test, an electrocardiogram, a cardiovascular risk assessment and a consultation with a cardiologist
- Cognitive assessment and training: test, expert-led training sessions during stay and continued in a follow-up plan (CogniFit)

Cutting-edge science exclusive CLP Brain Health Formula

- CLP Cellular Genomic Brain Health*

Neuro-nutrition

- Dietician coaching to develop a personalized nutritional plan based on medical results and lifestyle
- Neuronutrition workshop
- Longevity Herbal infusion*
- Daily protect complex treatment*
- Daily Sleep & Relaxation complex treatment*
- Healthy CLP menus, full board
- DNA microbiota test and recommendations for boosting gut health potential*
- Ultimate nootropic blend

Mind-focused wellness for body and mind

- Three sessions of brain waves stimulation
- One facial treatment by La Prairie
- Two sessions of cryotherapy
- One Rebalancing body exfoliation – skin renewing and relieving treatment & microbiota recovery treatment*
- One Chi Nei Tsang massage – skin anti-inflammatory treatment*


Movement

- One assessment with your personal coach using Movement lab technology analysis
- One Personalized moving & brain session
- One breathing session

Follow-up

- Cognitive – brain stimulation sessions follow-up

*CLP longevity scientific solutions



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