

CLINIQUE
LA PRAIRIE
瑞珀妮

HEALTH RESORT
ANJI

MASTER DETOX

DETOX

MASTER DETOX

7 days, 6 nights

Experience unbelievable vitality and wellbeing with this ultimate cleansing detox.

The Master Detox program is the most advanced detoxification program. It combines the power of DNA diagnostics, advanced tests, an anti-inflammatory diet, a personalized nutritional approach, re-energizing wellness as well as treatments based on cellular science using the latest medical technologies.

Purification of your body and boosting of your gut microbiome will be done through a natural process designed by Clinique La Prairie's nutritionists and lifescience teams.

The objectives are:

- » Eliminate toxins and cleanse your system
- » Strengthen internal defenses and organ function
- » Maximize your energy

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

Master Detox program includes:

- Proprietary detoxification approach based on a strong medical and scientific nutritional approach working on the interaction between genes and nutrients.
- DNA test and doctor-led transformative lifestyle plans.
- In-depth health screening, including heavy metal, minerals and vitamins evaluations.
- Progressive proven method to protect your body and your energy: starting with liquid fasting and soft colon cleansing, evolving over the week with anti-inflammatory diet and nutrigenomics support.
- Exclusive CLP Cellular Genomic Detox method.
- Unique nutrition & wellness therapies to activate your body's self-healing ability and boost your metabolism.
- Whole-week and post-stay follow up by a nutritionist.
- At the end of the week, you hold powerful keys to your own daily wellbeing.

Medical

- ↳ Longevity Detox Check-up with 3 medical consultations: 1 check-up on arrival, 1 consultation for diagnosis and setting expectations, and 1 final wrap-up with recommendations for a healthy and balanced lifestyle

8 medical tests using innovative technologies:

1. Nutri-DNA Test: exclusive genetic test, which assesses the body's capacities to eliminate toxins and to metabolize nutrients, as well as the risk of developing food intolerances and diet-related diseases
2. Heavy Metal screening to determine over exposure and recommendations
3. Minerals & Vitamins screening: advanced blood tests to detect possible deficiencies and correct them
4. Antioxidant injection*
5. Half-day reboot cleanse (non-invasive internal cleansing of the intestines)
6. CLP Cellular Genomic Master Detox*
7. Body composition test
8. DNA microbiota test and recommendations for boosting gut health potential*

Nutrition

- ↳ CLP detox diet, with anti-inflammatory & progressive 7-day meal plan
- ↳ Two dietician consultations to develop a personalized nutritional plan based on medical results during and after the stay
- ↳ Detox nutrition workshop
- ↳ One remote follow-up dietary consultation after the stay
- ↳ Detoxifying Herbal Booster*
- ↳ Detox Herbal Infusions & Detox Active Drops*
- ↳ Daily Sleep & Relaxation complex treatment*

Wellbeing

- ↳ One body scrub by La Prairie and one detoxifying body wrap – skin regenerative treatment and microbiota recovery treatment
- ↳ One detoxifying massage – skin anti-inflammatory treatment*
- ↳ One cryotherapy session
- ↳ One deep cleansing of the skin
- ↳ One sessions of toxin cleansing infratherapy
- ↳ One Chi Nei Tsang massage
- ↳ One reflexology session

Movement

- ↳ Personal training session with a coach
- ↳ Outdoor activity with a coach
- ↳ Two yoga (or aerial yoga) detox classes

*CLP longevity scientific solutions

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