

CLINIQUE  
LA PRAIRIE  
瑞珀妮

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HEALTH RESORT  
ANJI

RECHARGE  
& ENERGIZE

SHORT STAYS

# Recharge & Energize

## 3 days, 2 nights

This 3 days and 2 nights program is designed to boost energy, reduce stress levels, and improve sleep. Our approach integrates cutting-edge medical assessments with holistic treatments to provide a transformative health experience.

## 3 phases

1

### Clinical Induction

A thorough medical consultation to understand your unique health profile, followed by blood analysis to uncover vital insights. Our nutritional consultation offers personalized dietary guidance, while an abdominal ultrasound ensures a complete assessment of your internal health.

One general health evaluation with a medical consultation

Blood analysis – laboratory tests

Abdominal ultrasound

2

### Boosting Phase

Harnessing the power of natural and therapeutic treatments to revitalize your body. Enjoy herbal infusions and our signature revitalizing massage, paired with a rejuvenating body exfoliation. Experience the benefits of cryotherapy and targeted injections designed to enhance your vitality and well-being.

One Revitalizing body exfoliation – skin renewing and relieving treatment & microbiota recovery treatment\*

One Revitalizing signature massage – skin anti-inflammatory treatment\*

One session of cryotherapy

Longevity Herbal infusions\*

\*CLP longevity scientific solutions

3

### Wrap-up Phase


Concluding with activities aimed at maintaining and extending your newfound energy and relaxation. Engage in a yoga or Tai Chi class to balance body and mind, participate in a cooking class to learn healthy recipes, and benefit from neuro wave stimulation to enhance your mental clarity and sleep quality.

One session of yoga class or Thai Chi

Cooking class

One session of toxin cleansing far-infratherapy

Price: Starting from 45,000 CNY for 1 guest and 75,000 CNY for 2 guests (sharing the room) Including full board (non-alcoholic beverages)



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