

Turning back the years at
Clinique La Prairie in Switzerland

BODY LANGUAGE

Olivia Falcon gets ten-star service at the famed Clinique La Prairie



It was when my daughter went in for a hug, affectionately kneaded two love handles, and whispered 'squishy' in my ear, that I knew I needed to hand this problem over to the professionals.

And so to Switzerland, the land of structure, science and ten-star service – all of which is perfectly distilled at Clinique La Prairie. People come here for the medical centre with its 55 doctors and 25 specialists, and of course the world famous immune-boosting Rejuvenation Programme, which is known as the key to longevity. Our own Queen Mother (who lived until 101) was said to have been a fan.

Given my cortisol-charged lifestyle, a fondness for 'relaxing' with a glass of wine and very unmindful eating routine, a week-long master detox is suggested.

Day one. I am analysed with blood tests, an OligoScan that measures heavy metals and mineral deficiencies, and epigenetic tests to see lacto and gluten intolerances. I discuss a vegan elimination diet (no alcohol, dairy, caffeine, or sugar) with Elissa the nutritionist. It doesn't initially sound much fun, but the reality is surprising. The chef reintroduces me to the delights of vegetables and fibre through beautiful and elaborate origami-styled dishes.

I have personal training sessions, stretching with aerial yoga classes where I am suspended from the ceiling in a hammock (much kinder on ageing joints) and fascinating nutrition classes that provide a handy blueprint for life back home. I learn



bloating is a sign of undernourishment and the safest cookware that won't leach toxins is made of ceramic, glass, cast iron and stainless steel.

My education is punctuated with spa treatments, and I dip into the Advanced Aesthetic Beauty programme. It's a regime of non-invasive technologies that promises to leave me radiant, toned, and younger-looking, with effects lasting up to two years. I try a Detoxifying Facial using the clinic's own Swiss Perfection brand that buoys slack skin with stem cells extracted from irises, and I gently stew between an infra-therapy dome and a mattress that heats up my core temperature to release heavy metals, improve circulation and relieve muscle tension – my lower back never felt more limber. I also get pummeled with the new Selenia machine that uses LED lights, radio frequency skin tightening and a powerful vacuum to improve the look of cellulite.

Two months on and long-term changes are afoot. I am sleeping better, eating more mindfully and, judging by the lack of bloat, am sure my organs are relieved. Although the aim of this detox was an internal spring clean, I can see the whites of my eyes look brighter, my skin is clearer and I feel mentally stronger. My daughter even announces I look younger. This is the place to come and put ageing in reverse.

The Master Detox programme is from £14,142, Sunday-Saturday. [clinique lapraire.com](http://cliniquelapraire.com) ■

MIND & MATTER

Life's little luxuries



SCENT

A love letter to Los Angeles by night, this will be your scent of summer with its delicious citrusy notes of lime, blood orange and bergamot. Louis Vuitton City of Stars eau de parfum, £215. louisvuitton.com



SCULPT

A lymphatic drainage massage sculpts and tones flesh and reduces water retention in the body. This cream works in much the same way on lymphatic channels on the face to purify skin, depuff eye bags and tone those jowls. It really works. Iràye The Cream with Lymphactive Complex, £105. irayeskincare.com



SPRITZ

A brilliant leave-in conditioner that shields hair from damaging UV rays and hot styling tools, and preventing hair loss. Windle Lab Invisible Day & Night Spray, £18. windlelondon.com