

HEALTHCARE

Clinique La Prairie launches Life Reset' mental health retreat

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The week-long therapeutic stays kick off this month at Clinique La Prairie locations in Switzerland and China. Image credit: Clinique La Prairie

By ZACH JAMES FOR LUXURY DAILY NEWS SERVICE

Swiss luxury medical clinic **Clinique La Prairie** is introducing new services.

After extensive research into the subject of mental health, the Montreux-based wellness center has launched the Life Reset program to assist participating clients with healthy aging by treating psychological vitality as a personal asset. The week-long therapeutic stays kick off this month at Clinique La Prairie locations in Switzerland and China.

Sense of self

The treatment follows four foundational phases: release, reset, reconnect and renew.

During the release stage, guests will relieve their day-to-day stress, take a master health assessment to guide further actions and participate in guided mental well-being coaching alongside various sound and vibration therapies. The following reset step aims to rebuild mental and physiological patterns through a circuit of meditation, yoga and several offerings tailored to each client.

Clinique La Prairie presents Life Reset

At the midpoint of the week-long program, the reconnect phase begins, which is described as the largest of the bunch. By this time, mental and physical connections are said to have rekindled, with staff helping to maintain the progress through guided nature walks, aromatherapy, breathwork, foraging and nutrition workshops.

The final step, renew, culminates the practice with elevated versions of previous activities alongside soundwave treatments, personal training sessions, nutritional guidance and medical debriefs, while being provided with strategies to implement mental renewal practices into everyday life.

Those interested in Life Reset can book a consultation call or book the program itself on Clinique La Prairie's [website](#).

In the travel space, wellness, particularly with regards to mental health, is guiding many luxury operators' actions, with high-end hotelier Auberge Collection refocusing its strategy on the concept ([see story](#)).