



Clinic Lémanic⁺

Innovative Anti-Ageing Solutions

No limit to Perfection...

For 25 years Clinic Lémanic has been committed to the idea that beauty, health, and happiness are inseparable.

Guided by this belief, we draw on decades of clinical experience, pioneering technology, and Swiss excellence to offer the most innovative and effective preventative medicine and anti-ageing treatments.



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A Successful Past and an Exciting Future

Since its foundation 25 years ago, the clinic has focused on dermatology, aesthetic medicine, and advanced laser procedures. The clinic has become one of Europe's largest laser treatment centres. It is recognised as a leader in anti-ageing and preventative medicine. Dr Emmenegger has perfected innovative techniques that have won her a devoted following of patients whose lives she has changed with anti-ageing and beauty treatments. Her talent for crafting individualised treatment plans to achieve high-quality results has cemented her reputation as the Swiss doyen of aesthetic medicine.

We continue to invest in advanced procedures and cutting-edge technology. In addition to our more classic treatments, we now offer rejuvenating stem-cell-based therapies. Comprehensive multi-therapeutic treatment plans for optimal results are our signature approach. We have recently added a range of proprietary combinatory micro-nutritional supplements and a line of high-end cosmetic products using plant-based stem cells to regenerate the skin.

The clinic now occupies four floors of a historic building in central Lausanne. It remains family-run. Despite its international success, the clinic remains family-run and continues to foster and maintain a warm and welcoming atmosphere.



Awards and Honours

Having won the trust of local clients in Switzerland and France, Clinic Lémanic's reputation has grown internationally within Europe and in the wider world. The clinic is increasingly on the radar of discerning clients from Eastern Europe, Asia, and the Middle East. This success stems from our doctors' and specialists' outstanding expertise and commitment to embracing new technologies and innovative treatment techniques.

The clinic has been recognised with several prestigious international awards, The IIPP (Institut International de Promotion et de Prestige) awarded it two honours in 2012 and 2019: "The Award for the Development of Medical and Aesthetic Technologies" and " The International Prize for Advancements and Success in the Field of Anti-Ageing, Preventative, and Regenerative Medicine." In 2010, the clinic received the "Crystal Trophy" for the best aesthetic clinic in Europe, and in 2020, in Moscow, it won the "Best International Anti-Ageing Clinic". Dr Emmenegger and Darrell Jacob's Clinic Lémanic is an uncontested leader in preventative, anti-ageing, and aesthetic medicine in Switzerland and the world.



Introducing Dr Véronique Emmenegger

Dr Véronique Emmenegger has perfected innovative techniques that have won her a devoted following of patients whose lives she has changed with anti-ageing and beauty treatments. Her talent for crafting individualised treatment plans to achieve high-quality results has cemented her reputation as the Swiss doyen of aesthetic medicine. She is a Doctor of medicine with a double specialisation from the Swiss Medical Association (FMH) in Clinical Dermatology and Venereology, Allergology and Immunology.

Her contributions to aesthetic medicine and innovative techniques have earned her a prestigious international reputation as a leader in her field. She remains devoted to her patients' individual welfare. Her charming smile and infectious energy are as legendary as her precision and attention to detail. She was a European pioneer in medical lasers and remains fascinated with advances in medical technology. With treatments becoming ever more effective and less invasive, she keeps a close eye on innovations in aesthetic medicine to offer her patients the most avant-garde solutions in the exclusive setting of her clinic.

Dr Véronique Emmenegger, Medical Director at Clinic Lémanic, understands that no two patients are completely alike. She works in close collaboration with the clinic's scientific board. Together, they are committed to developing tailor-made programmes to suit each patient's specific needs and lifestyle.





About Clinic Lémanic

With four departments and four specialised medical centres, Clinic Lémanic offers a multi-therapeutic approach to health and beauty under one roof. The range of specialisations and equipment we can employ gives our doctors the flexibility to customise bespoke treatment plans for individual patients based on exhaustive diagnostic assessments.

Our Departments

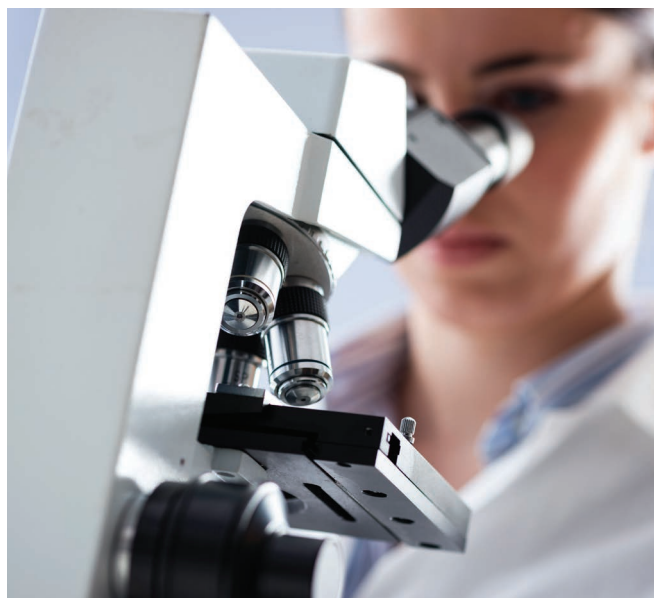
- Department of dermatology
- Department of aesthetic and anti-ageing medicine;
- Department of plastic and reconstructive surgery;
- Department of preventative, functional, and regenerative medicine;
- Hair Expert Centre;
- Smile Expert Centre;
- Laser Expert Centre;
- Vitiligo Expert Centre;

In addition to the top-class care provided by our expert clinicians, our wide variety of treatments, exclusive facilities, and discretion make Clinic Lémanic a natural choice for discriminating clients.

The clinic maintains a warm and familial atmosphere. Patients benefit from perfectly personalised hospitality and care, including support services in their home language, a VIP limousine service, bespoke aesthetic treatments and superior medical expertise.



Signature Treatment Programmes



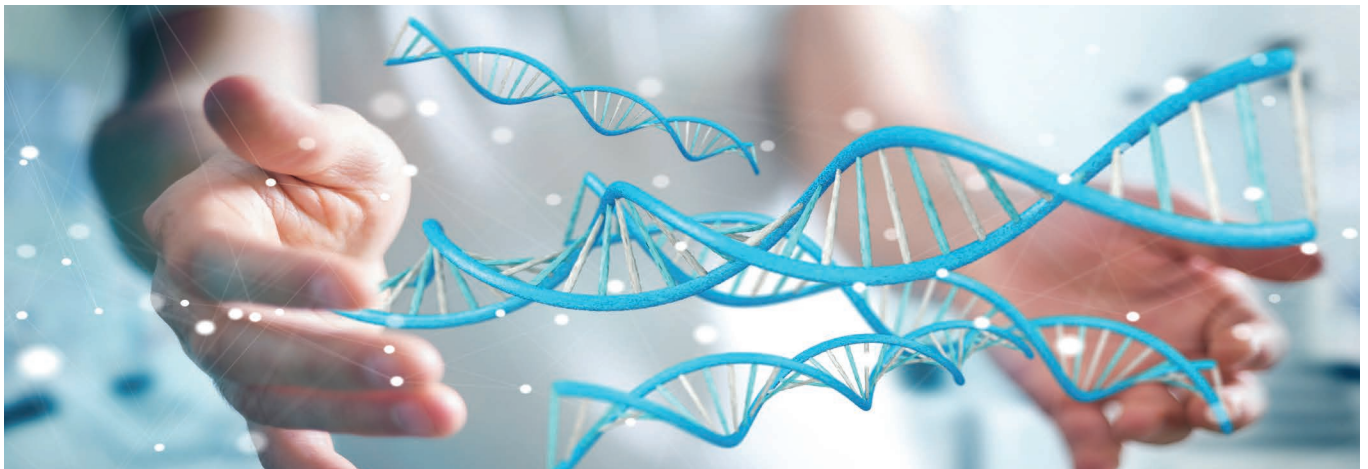
BEST Bio-Endogenic Stimulation Therapy

What is BEST?

Bio-Endogenic Stimulation Therapy (BEST) is an exclusive range of treatment programmes by Clinic Lémanic that harnesses your body's stem cells to bring about complete rejuvenation. BEST uses autologous stem cells to boost the regeneration of your own cells in the most natural way possible. BEST treatments at Clinic Lémanic are supported by tailored nutrigenomic programmes to maximise their effects.

Why choose Clinic Lémanic for BEST?

Clinic Lémanic seeks to harness and maximise the potential of stem cell technology to offer our patients a sophisticated system for preserving their autologous stem cells. Stem cells are harvested from your own adipose tissue and then safely frozen for later use. The BEST programmes were meticulously designed based on multidisciplinary scientific research in genetics, nutrigenomics, biology and medicine. Clinic Lémanic possesses over two decades of specialist experience in preventative, predictive and regenerative medicine, a field that combines cutting-edge technology with the latest advancements in anti-ageing treatment and care.



The advantages of BEST

Endogenous biological stimulation of autologous stem cells works by using the patient's own stem cells to slow the ageing process. Autologous stem cells are stem cells obtained from the patient's body; they are therefore not the product of a second patient or genetic manipulation. This ensures that they are absorbed by the body without the risk of rejection or side effects.

They can be extracted from different tissues in the body and then preserved in a stem cell bank for later use. Scientists believe that they possess infinite potential for the healing of countless diseases, which is why they are hailed by many as the future of anti-ageing medicine.

Our BEST programmes are designed to eliminate toxins from the body, strengthen the immune system, detect and correct nutritional deficits, prevent and reduce the risk of serious diseases, optimise physical energy and performance, improve memory and concentration and heighten brain function, rejuvenate the face and enhance the skin's appearance, boost libido, correct hormonal imbalances and delay the onset of menopause, maximise sleep quality, reduce oxidative stress and optimise microcirculation, improve blood and lymphatic circulation, improve your metabolism, anticipate your future medical needs, and help you better understand your body and make better life choices in the future.

An Investment in your future health

Stem cells are unspecialised cells that are found in all living multicellular organisms. They are known as the "original" cells because they are the cells from which all other cells in the body originate. Stem cells divide to form daughter cells that become either new stem cells or specialised cells. Stem cells occur naturally in the body but decrease in quantity and quality as we age. Therefore, they should be harvested and stored at as early an age as possible. Indeed, the younger you are, the stronger and more numerous your stem cells. In storing them, you are investing in your future health and that of your children.

Swiss Stem Cell Banking with Clinic Lémanic

The Stem Cell Banking programme is an innovative offering from Clinic Lémanic. The stem cell banking programme at Clinic Lémanic is regulated by Swiss national health authorities, ensuring that the procedures for extracting your stem cells, storing them, and using them for treatments meet the highest standards of excellence. With Clinic Lémanic, you are opting to place your trust in a leading provider of stem cell banking in a country renowned for its stability, advanced medical care and research ensuring that your stem cells are safe, secure and at your disposal when you need them.

BEST Treatment Plans

During a BEST Banking 3-day package, you will consult a medical specialist before your autologous stem cells are harvested under minimal sedation. These will then be cryopreserved and deposited into a reputable Swiss stem cell bank, where they can be viably stored for 10 to 30 years. Not all of your stem cells will be frozen. From what remains, you will receive a stem cell infusion. You will get blood work done; be tested for oxidative stress, deficiencies, and immune problems. Finally, you will receive regenerative photobiomodulation and nitric oxide therapy.

BEST+ (4 days) adds a comprehensive medical checkup, including extensive blood work, urinalysis, electrocardiogram, and heavy metal, vitamin and trace element testing; full-body radiographic examination and bone densitometry scan; in-depth skin analysis with the specialist dermatologist; sophisticated draining treatment to eliminate toxins and promote cellular regeneration; lymphatic drainage; daily all-natural detoxification; energy rebalancing; custom selection of advanced micronutrient supplements, and a complete medical discharge report in your home language.

BEST Prestige (5 days) adds a brain and body MRI; genetic testing if needed; chronic disease testing; food intolerance testing; nutrition consultation; in-depth skin analysis with the specialist dermatologist; facial cells rejuvenation, and regenerative photobiomodulation and phototherapy. Support services in your own language provided by a qualified interpreter for the duration of the programme are available for all three programmes.





Revitalisation Cell Boost Programmes

Anti-ageing revitalisation treatment using autologous cells

Revitalisation Cell Boost is one of Clinic Lémanic's most effective therapeutic and preventative treatments for fighting the signs of ageing and improving vitality. It uses your own cells, vitamins, and trace elements to eliminate toxins and metabolic waste, strengthen the immune system, and restore a healthy microorganism balance. The treatment aims to rejuvenate the body from the inside out and is scientifically proven. It is a valuable tool in preventative medicine. It prepares the body for the next ten to twenty years of health.

The treatment combats the signs of ageing, including low vitality, sagging skin, chronic fatigue, insomnia, stress, depression, anxiety, and persistent trouble concentrating.

How does Revitalisation Cell Boost work?

Anti-ageing revitalisation treatment using autologous cells involves targeted autologous platelet-rich plasma (PRP) serum injections, multiple organ detoxification, colon hydrotherapy, and infusions of antioxidants, vitamins, and trace elements. The combination of treatments helps eliminate toxins and metabolic waste from the body while strengthening the immune system.

It is perfect for anyone needing a boost of vitality without taking a lengthy break from work or social commitments.

Revitalisation Cell Boost

A basic two-day treatment includes a consultation with a general practitioner, comprehensive blood tests, ultrasound, comprehensive detoxification, autologous cell anti-ageing or anti-hair loss treatments, PRP autologous serum anti-ageing injection treatments, and antioxidant infusion for improved vitality. The treatment concludes with deep facial cleansing, anti-ageing skincare treatments, and massage therapy.

Revitalisation Cell Boost+

The comprehensive three-day treatment adds further diagnostic tests for your peace of mind. These include a whole-body MRI, allergen tests, genetic screening, gynaecological or urological examinations, and a consultation with hormone regulation recommendations. Revitalisation Cell Boost+ also includes colon hydrotherapy for rebalanced gut- health and improved energy.



Plasmapheresis

Photobiomodulation blood purification treatment

Prolonged exposure to radiation caused by the wireless communication technology surrounding us can negatively affect the human nervous and cardiovascular systems. These effects can include fatigue, memory loss, insomnia, mood disorders, menstrual disorders, chest tightness, palpitations, decreased immune function, neurological disorders, abnormal hormone secretion, and impaired vision. Our bodies are also assaulted with heavy metal pollution. Over the long term, heavy metals can accumulate in the organs, possibly causing chronic poisoning and leading to cancers.

Plasmapheresis, or plasma exchange, is a medical procedure that involves separating the plasma, the liquid component of blood, from the blood cells using a specialised machine. Once the plasma is removed, the remaining blood cells are returned to the body. Plasmapheresis is commonly performed to eliminate excess antibodies, abnormal proteins, or other harmful substances from the bloodstream. Clinic Lémanic's blood purification technology does not add artificial substances, third-party serums or products. It is solely based on the customer's blood and serum, without external interference. It is a 100% natural therapy (without chemical and animal additives and substitutes). It is ideal for individuals over the age of 35.

Non-thermal LED and low-level lasers purify and detoxify the blood plasma. When returned to the body, this purified plasma stimulates metabolic effects in the cells. The treatment increases blood oxygen levels, repairs tissues, relieves pain and inflammation, promotes toxin metabolism, and mitigates the phenomenon of cell magnetisation caused by radiation from electronic devices. The photobiomodulation device combines multiple technologies such as LED, nanosecond pulse cold laser, and electromagnetic field to optimise the biological stimulation effect.

The benefits of plasmapheresis

Plasmapheresis effectively regulates magnetic field radiation in the blood, regenerates and purifies blood cells, and removes toxins. Effects include improved skin quality, wound healing, anti-inflammatory effects, improved kidney metabolism, and hair loss relief. At the same time, the treatment promotes cell regeneration in the blood and strengthens the health of scalp cells. The treatment achieves outstanding effects in reducing hair loss and enhancing sleep quality. In many cases, it can even reverse the degenerative cycle of hair follicles, producing thicker, stronger hair and increased hair volume. The painless treatment is an outpatient procedure lasting two to four hours and does not require any downtime.

Results

- Strengthened immune system
- Better oxygen supply to tissues
- Improved cell metabolism
- Lipid break down (LDL/triglycerides)
- Breakdown and reduction of uric acid levels
- Significant improvement in blood flow
- Significant reduction of red blood cell aggregation for improved blood oxygenation
- Significant detoxifying effects on principal organs

ReBALANCE Complete detox

ReBALANCE is a detox and rebalancing programme for organs. In a heavily polluted world, our bodies are exposed to various chemicals and toxins from the water we drink, the air we breathe, and the industrial foods high in sugar, chemicals, and additives that we eat. A life of sedentary work also plays havoc with our health. This assault on our body overwhelms our organs responsible for detoxification.

A buildup of waste and toxic metabolites can impair bodily functions and make us more susceptible to infections. When our body's natural ability to process toxins is overwhelmed, toxins build up in connective tissues, disrupting our normal defences and regulation mechanisms. This can lead to chronic diseases, inflammation and associated diseases like rheumatoid arthritis, degenerative diseases like Alzheimer's, metabolic disorders like diabetes, and even cancer.

When cell and organ functions are disrupted by toxins, the body can produce a hydrogen peroxide stress response that inhibits the replacement of old, damaged cells with new cells. This is symptomatic of a body that is out of balance and leads to suboptimal health and well-being in the short term and, potentially, to dangerous chronic conditions in the long term.

Detoxing can help restore the body's cellular and regulatory mechanisms to optimal health and improve conditions like insomnia, memory decline, and chronic diseases. Regular detoxing can also be an important preventative measure against cancer.

The ReBALANCE programme is a 100% natural detox therapy that uses different types of antioxidant plants and biological enzymes to detoxify the liver, kidneys, digestive, and respiratory systems. It is suitable for individuals over 18 with healthy kidney function.

A ReBALANCE treatment plan includes

- Expert consultation
- Trace elements and heavy metal screening
- Blood tests for oxidative stress
- Nutritional analysis
- Microbial flora analysis
- Food cytotoxicity screening
- Micronutrients and multivitamins
- Detoxification therapy, including organ phototherapy detoxification, microcirculation detoxification, customised oral detoxification, and antioxidant infusion.
- A consultation with a registered Swiss dietician

Curative effects

- Promotes the elimination of toxic substances and metabolic residues
- Stimulates tissue detoxification
- Consolidates the body's natural defences
- Improves the immune system
- Antioxidant effects
- Improves metabolism
- Eliminates excess fat waste
- Promotes elimination of heavy metals
- Corrects micronutrient and vitamin imbalances



Immune Boost

Immune Enhancement Therapy

A well-functioning immune system is the foundation of good health. Our modern lifestyles can negatively impact our body's ability to fight off infections and keep us healthy. Taking positive steps to boost our immune system can be daunting and overwhelming, given the vast quantity of information and advice available. An expert assessment and a targeted treatment based on your specific needs is the most effective approach to correcting any potential weaknesses in your immune defences.

Clinic Lémanic's exclusive immune enhancement therapy package comprehensively assesses your and your family's natural immune levels and general state of health. It provides a scientific therapy plan with targeted interventions to enhance the body's natural immunity. Based on the results of your diagnostic assessment, your doctor will prepare a bespoke supplement plan of trace elements and nutrients required to correct any deficiencies potentially affecting your immune system.

The package includes :

- Consultation with a General Practitioner
- Blood tests for immunity
- Consultation with a nutritional expert
- Screening for trace elements and heavy metals
- Two sessions of photobiological immune enhancement therapy
- Supplement injections or infusion of trace elements for deficiency
- 2 months of bespoke home care nutritional supplements
- Medical reports and translations



City Detox Programme

Treat yourself to a health-boosting detox

Urban life can lead to a buildup of stress and fatigue-causing toxins in the body. Pollution, pesticides, endocrine disruptors, and airborne nanoparticles (pm 2.5) can build up in our system over time. Symptoms include a lack of energy, a drop in performance or libido, a loss of focus, malaise and negative moods.

The City Detox programme is scientifically proven and based on the latest quantum and genetic medicine discoveries. It aims to restore the body's natural functions by stimulating its self-regulating abilities and helping to eliminate residual toxins and heavy metals.

Treatments are 100% natural, pain-free, and occur on an outpatient basis at Clinic Lémanic. The programme includes a targeted medical checkup and follow-up. It is complemented by revitalising spa treatments, a personalised meal plan designed by chefs under the advice of our medical experts, and five nights of accommodation at our partner hotel and spa, the sumptuous and sedate Lausanne Palace.

Five-Day City Detox Treatment Programme

During the programme, you will benefit from :

- 100% natural bioactive therapies
- A personalised nutritional programme
- Two to five detoxifying spa massages and free use of spa facilities
- A consultation with a dietician and personal trainer
- A blood test for oxidative stress response and nutritional analysis
- Screening for trace elements and heavy metals
- Two medical consultations
- One antioxidant infusion
- One trace element supplement
- A five-day oral detox programme
- Five sessions of phototherapy detoxification
- Five sessions of nitric oxide detoxification

Our multidisciplinary specialists will work closely with you to develop a personalised nutritional programme specifically tailored to your unique metabolism that will assist in correcting any deficiencies or excesses.

The City Detox can be combined with other Clinic Lémanic treatments on request.

COCO Swiss Antioxidant Beauty Detox

A celebrity endorsement

For their 19th wedding anniversary, Chinese film star Shi Ke and her husband enjoyed a five-day health and beauty retreat with Clinic Lémanic and the Lausanne Palace Hotel and Spa near the tranquil waters of Lake Geneva.

The Swiss Antioxidant Beauty Detoxification Package perfectly captures our philosophy of outer beauty depending on inner health. Between unwinding in the sedate surroundings of a grand hotel with an exclusive spa, you will benefit from a programme of detoxifying treatments and a customised diet. It is a relaxing and healthy vacation for both body and mind, strongly recommended for busy urbanites in need of a thorough recharge!

The five-day health and beauty package includes:

- Five nights of accommodation;
- Healthy customised detox meals;
- Two to five mental and physical detox treatments;
- Access to all spa facilities.
- One session with a fitness coach;
- Two medical consultations;
- A blood test;
- A consultation with a top Swiss nutrition expert who will provide recommendations based on the blood test;

- One dermatological assessment;
- Trace elements and heavy metal screening;
- Oral detoxification programme.



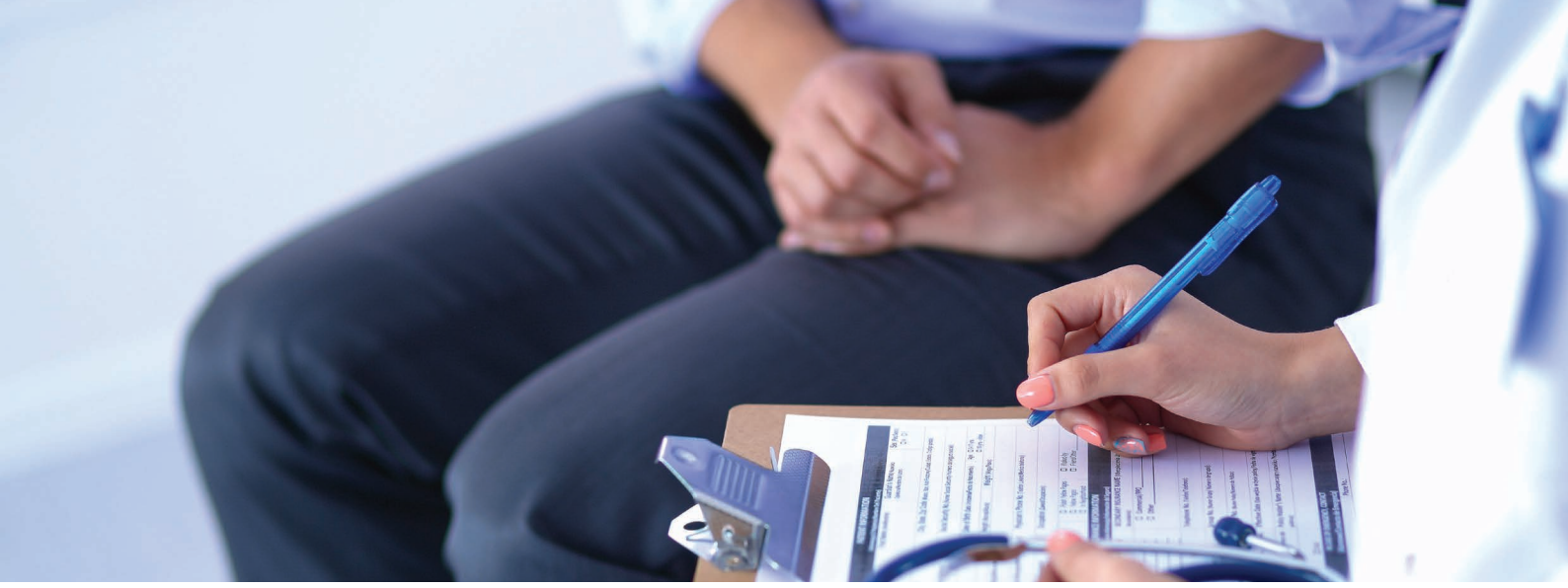
COCO Swiss Antioxidant Beauty Detox Treatment Plan

Patients joining our exclusive five-day health and wellness programme will benefit from a battery of tests and treatments offered by Clinic Lemanic, including:

- An intestinal microbiome health analysis;
- Blood test content with comprehensive nutritional analysis and oxidative stress response; (Including coenzyme Q10 element level CoQ10, oxidative free radical damage level detection 8-OH-DG and diabetes risk);
- Cardiovascular disease risk assessment;
- One infusion of a customised high antioxidant plant essence extract and trace element supplements;
- One slimming phototherapy detoxification;
- One alternating thermo laser and cryolipolysis toning treatment to eliminate excess fat while tightening and smoothing the skin. The effect is significant and painless – a single session can reduce waist circumference by 1-4 centimetres;
- Four phototherapy sessions for organ detoxification;
- Four nitric oxide detoxification sessions;
- Two HUBER system training sessions (quickly improves lower back and leg pain and body coordination, enhances overall therapeutic effects) or cell stimulation therapy treatments (improves skin firmness, reduces fat cells, enhances natural beauty, and improves contour);
- One facial care and skin detoxification treatment;
- A top-level Clinic Lemanic exclusive skincare package including microcrystalline peeling, deep moisturising, exfoliation, anti-ageing, and fruit acid treatments to reduce wrinkles, tighten skin, unify skin tone, reduce discolouration, and promote skin cell regeneration;
- A mesopore optoelectronic beauty and skin-firming enhancement;
- A Swissline series anti-ageing whitening care dental treatment;
- PRP autologous serum infusion to improve skin texture, tone, and hue;
- High-end customised plastic microneedle therapy allowing the skin to efficiently and comprehensively absorb natural vitamins, hyaluronic acid, and collagen;
- 2 months of bespoke home care nutritional supplements;
- Medical reports in French with translations in the language of your choice;
- Support from a professional interpreter for the duration of the programme.

Comprehensive Diagnostic Assessments





Checkup 360°

Many chronic disease patients are unaware of their illness. The US Centers for Disease Control and Prevention (CDC) estimate that preventative measures could save up to 100 000 lives a year in the USA alone. The best way to protect your health is to have comprehensive annual checkups starting from the age of 30.

Switzerland has a globally recognised healthcare system with top-class medical technology and advanced technological capabilities. The Alpine nation was rated as having the most efficient healthcare system in Europe, with the longest life expectancy and the best medical outcomes.

Clinic Lémanic offers international patients the chance to benefit from Swiss expertise in preventative medicine with our Checkup 360° comprehensive diagnostic assessment programme. Our team of general practitioners, specialists, and physical therapists will provide you with a complete personalised assessment of your state of health with a view to early diagnosis of any current or future health risks.

Checkup 360° Platinum for Men

On average, women live five to ten years longer than men. As they age, men are particularly prone to developing life-threatening conditions and are equally notorious for their reluctance to undergo regular medical checkups. Prostate and testicular cancers are leading male health challenges that can be easily mitigated if detected in time. A slowing metabolism and decreased testosterone as they age mean that men also need to make adjustments to their nutrition and lifestyle as they age. This is best done under medical supervision.

Clinic Lémanic's exclusive two-day all-body checkup for men includes:

- Consultation with General Practitioner;
- Physical examination for men: electrocardiogram, blood pressure monitoring, blood, urine, male hormone analysis, prostate cancer marker screenings, major disease risk screening, general cancer cell markers screening, and comprehensive trace element and vitamin testing;
- Specialist dermatological exam;
- Comprehensive examination with a specialist urologist, including hormone testing;
- Customised ultrasound imaging for men, including abdominal ultrasound and bone density testing;
- Cellular heavy metal and trace element screening;
- Early detection screening for tumour markers, heart conditions, cerebrovascular conditions, diabetes, and other diseases;
- Comprehensive allergen testing;
- Dietary and health management consultation;
- Genetic and nutritional testing providing a comprehensive genetic metabolic assessment;
- One consultation with a dietician;
- Support from a professional interpreter;
- Complete medical report in French with a translation.

Gut Microbiome SOS

Medical and nutritional researchers are increasingly recognising that there is a vital link between a healthy gut microbiome and overall health. We tend to think of microorganisms like bacteria, fungi, and viruses as pathogens that make us sick, but our bodies are actually home to trillions of beneficial microorganisms that are essential for survival. The health of our intestinal biome relies on a balance among the organisms that call it home. Like with any ecosystem, if this balance is disrupted for any reason, the system can collapse, which can play havoc with your health.

The intestine is actually the largest immune organ in the human body. A healthy and balanced community of gut microbiota can protect you from harmful pathogens by communicating with your immune system to respond to infections. An imbalance of beneficial and harmful bacteria in the gut biome is sometimes called dysbiosis. It seems logical that dysbiosis would be linked to weight gain, bloating, cramps, and IBS. However, not everyone knows that an unhealthy gut biome has also been directly linked to cardiovascular disease, kidney disease, and even central nervous system and mood disorders.

If your intestinal bacteria are not healthy and happy, it turns out, neither can you be. At Clinic Lémanic, we are mindful of this fact and in line with our holistic approach to health and wellness,

we offer a programme of treatments called Gut Microbiome SOS to restore balance to your internal ecosystem.

The programme includes:

- A consultation with a medical specialist;
- A gut microbiome balance analysis;
- An evaluation of your weight gain trends;
- A vitamin balance analysis;
- An analysis of your digestive and immune health;
- Testing for intolerance or allergens;
- Intestinal inflammation and constipation tests;
- A gut bacteria type sample;
- A sleep quality and emotional balance analysis;
- Heavy metals and trace elements screening;
- Online remote consultation for gut microbiota reporting;
- Prescription for regulating intestinal microbiota.



DNA Screening for Disease Prevention and Drug Efficacy

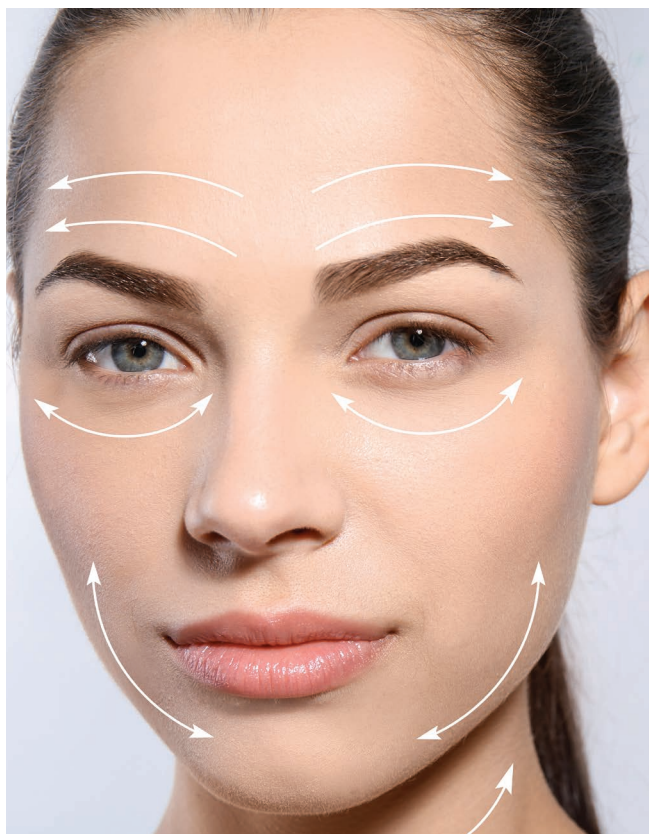
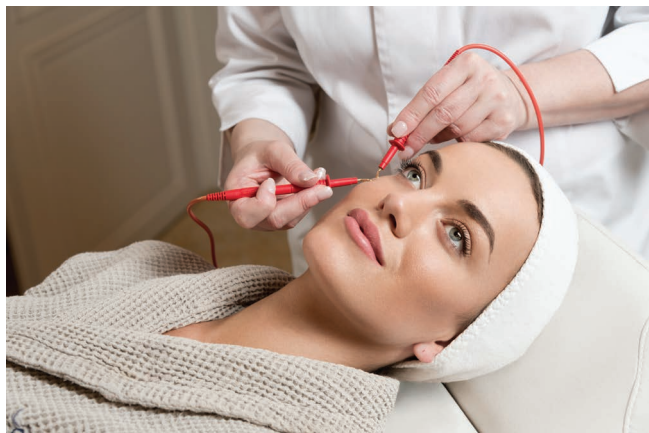
Getting older, developing genetic diseases, and the spectre of cancer are frightening prospects for all of us. DNA screening is a powerful way to gain profound insights into potential problems you could face in the future. Disease prevention relies on accurate knowledge of your genetic predispositions to developing life-threatening conditions.

In addition to heading off potentially serious diseases, DNA analysis can help you select medications that work for you. Pharmacogenetics studies patients' genetic characteristics to predict how they will respond to drugs. Using innovative drug genetic tests, we aim to examine genetic causes of variations in drug efficacy and toxicity in patients. Your genetic composition can affect how you metabolise enzymes, transporters, or drugs. Understanding your genetic predisposition to react in certain ways to drugs may increase the effectiveness of any treatments you receive going forward.

A DNA screening at Clinic Lémanic will give you insights into your nutritional, intestinal microorganism-related, and detoxification needs, potential drug metabolism and absorption risks, dietary recommendations, and a cellular anti-ageing management plan.



Anti-Ageing Face Treatments



Liquid Lift

Moisturising and firming with a liquid facelift

As we age, the connective tissues in our skin begin to relax and lose elasticity, and our facial muscles begin to lose strength and sag. One of the most commonly affected areas is the jawline, which can begin to droop in an unsightly fashion and cause distress. Other areas that are particularly prone to suffering the signs of ageing in the form of wrinkles are forehead lines, frown lines, and crow's feet.

Based on 30 years of professional experience, Dr Emmenegger has created a unique non-surgical and minimally invasive 2-hour rejuvenation therapy that quickly improves facial contour, reduces pores, increases skin elasticity and hydration, tightens the skin and renders it instantly radiant, and does not require that the patient take any time off work or miss any social engagements.

The classic treatment includes:

- Original anti-ageing fruit acid rejuvenation, freckle removal, or acne removal
- Personalised, customised contour fix using hyaluronic acid and botox injections
- PRP autologous serum rejuvenation treatments
- A personalised home treatment plan

The Platinum treatment adds:

- Collagen protein plastic microneedle therapy
- Antioxidant Vitamin C supplementation therapy
- Ultrasound jawline toning

Clinic Lémanic Global Lift

Ageing skin gradually begins to become thinner and loses its elasticity. Collagen, elastic fibres, and other cellular tissue functions that maintain skin firmness decline. These changes lead to sagging skin and other signs of ageing. Clinic Lémanic's Global Lift non-surgical and minimally invasive treatment package helps fight the signs of ageing. You can look forward to a treatment that can make you appear younger and contour your profile with long-lasting results.

The advantages of the Global Lift package

- Multi-therapeutic approach using cutting-edge technology to combat the signs of ageing
- Latest scientific innovations, including cell regeneration and rejuvenation therapy
- Minimally invasive and non-surgical overall facial enhancement with a short recovery period
- Non-permanent fillers and cosmetic botox combined with other techniques on a case-by-case basis
- Significant toning results
- A quick recovery

Results

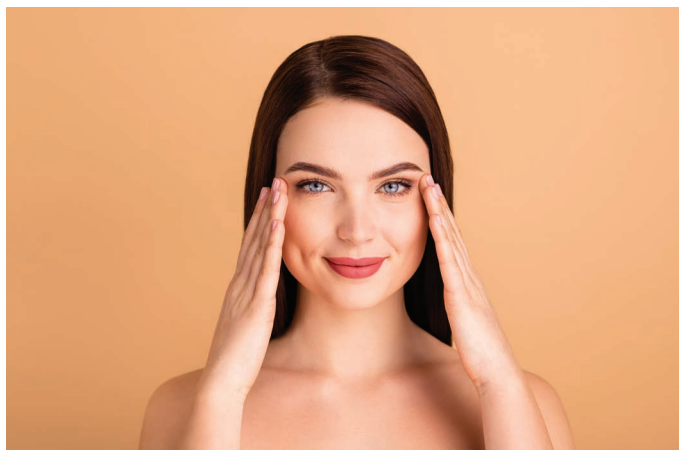
- Effectively reduces wrinkles and tightens sagging skin
- Sculpted facial contours
- Improved skin texture and complexion
- Reduced facial redness
- Fills recessed areas to create a smooth, fresh, and natural appearance
- Prevents or reduces forehead wrinkles, crow's feet, and fine lines
- Can be used to improve skin condition in areas other than the face, like the neck, chest, and hands

Treatment Package

- Consultations with dermatological, anti-ageing, and preventative medicine specialists
- Pre-procedure deep cleansing, moisturising, and nourishing treatment
- The Radiance High Definition Package includes thermal skin toning using low-amplitude radio frequencies to tighten and condition the skin
- Ultrasound jawline contouring
- PRP autologous serum injections for toning and conditioning the skin
- Vitamin-rich microneedle liquid collagen injections
- Painless skin abrasion for bright and even skin tone
- Gentle local anaesthesia

The following items can be paired with your treatment package for better result:

- REG Cell Boost collagen regeneration and rejuvenation therapy
- Thermage non-invasive anti-ageing therapy that uses focused low amplitude radio frequencies to effectively smooth and tighten the skin in the eye area. Injections of micro and nano fat improve fine lines and dark circles around the eyes, tighten the skin, and semi-permanently smoothe out age marks
- HAUTE COUTURE reabsorbable regenerative thread therapy for improved tone and contour
- Customised hyaluronic acid and botox injections
- Non-surgical facial contour fix designed by Dr Emmenegger



REG Cell Boost

Collagen regeneration therapy

Fibroblasts are cells in the dermis that generate the collagen, elastin, and hyaluronic acid needed to maintain skin elasticity. Skin ageing is caused by skin fibroblasts failing to produce collagen as we get older. With less collagen available, our ageing skin is prone to wrinkles, a loss of elasticity, thinning, sagging, and dark circles under the eyes. Clinic Lémanic uses transplanted autologous fibroblast cells to restore natural collagen production in areas showing signs of ageing and needing support.

The advantages of the therapy

- Rejuvenation on a cellular level with restored natural collagen production
- Autologous cells remove the risk of allergies or side effects
- Long-term and continuous rejuvenation of the skin

Results

- Improved skin tone and texture
- Reduction of wrinkles
- Sagging thin skin becomes thicker and more elastic
- Supple and moisture-rich skin
- Reduced pores

Thermage

3D Collagen Regeneration Therapy

Thermage is a non-invasive radio frequency anti-ageing technology that can produce a youthful appearance by toning the skin, promoting collagen production, and improving the skin contour. Thermage stimulates collagen production to make the skin more supple and smoother. The treatment is especially suitable for tightening facial contours and toning the skin. It can also treat the skin on the arms, thighs, knees, abdomen, and buttocks. The technique uses radio waves to warm the deeper layers of the skin while cooling the surface. This promotes collagen regeneration and results in supple, youthful-looking skin.

Advantages

The advantages of Thermage are that it does not require surgery, is safe, has no side effects, is suitable for all skin types, and can be completed in a single session. Thermage is particularly effective for thicker skin and is also suitable for men, providing them with a fast, effective, and safe anti-ageing solution. The technique gently activates collagen production and can bring about natural improvements to the health of your skin, leaving you looking younger and more energetic.

How it works

Radio waves can stimulate the dermal layer up to a depth of 7mm and generate electromagnetic fields that cause regular vibrations of molecules within the tissue, thus causing thermal effects. During the treatment, the temperature of the subcutaneous tissue increases, but the skin's surface remains at room temperature. This subcutaneous thermal effect stimulates the production of collagen. It has the effect of reducing wrinkles, toning the skin, and reshaping contours.

Results

Initial results are visible immediately following the treatment. The procedure does not require downtime; you can immediately return to your normal work and social commitments. In the months following the treatment, the skin continues to gradually improve. Final results are visible after six to twelve months. Results usually last between three and five years.

Ultrasound Sculpting

Ultrasound sculpting is a non-invasive skin tightening therapy that can directly reach the middle and deep layers of the skin using ultrasound stimulation. It is designed to improve skin elasticity around the eyes, correct drooping eyebrows, tighten slack jawlines and enhance the overall contour of the face. Ultrasound therapy can correct mildly sagging skin and is effective as a preventative anti-ageing treatment.

Advantages

- Non-invasive and non-surgical treatment for sagging skin on the face and other parts of the body
- No anaesthesia
- Suitable for all skin types
- Results visible after one session
- No social downtime
- No recovery time

Results

- Improved contour of the neck and chin,
- Significant results on slack jawlines
- Improved contour of cheekbones and eyebrows increasing perceived eye size

Ultrasound sculpting is a non-invasive skin tightening therapy that can directly reach the middle and deep layers of the skin using ultrasound stimulation. It is designed to improve skin elasticity around the eyes, correct drooping eyebrows, tighten slack jawlines and enhance the overall contour of the face. Ultrasound therapy can correct mildly sagging skin and is effective as a preventative anti-ageing treatment.

How it works

Ultrasound technology can be used for both diagnostic and treatment applications. Using the instrument, a technician can observe your subcutaneous tissue on a screen. The instrument is then used on the area in need of attention. The subcutaneous tissue is heated without damaging the epidermis. The ultrasound energy can reduce subcutaneous fat deposits and promote the generation of new collagen, naturally toning the skin and restoring a youthful glow.

Micro and Nanofat Injections

This treatment belongs to the family of stem-cell-based aesthetic treatments. It involves intradermal injections of autologous stem cells to promote natural plumping and regeneration of ageing skin. Your fat will be harvested from elsewhere in your body during the procedure. The sample is processed in a centrifuge to produce a liquid concentration of extremely fine micro and nano fat particles. These are injected under the skin using tiny cannulae. Because of their microscopic size, they fill the minuscule gaps caused by ageing under your skin, leaving it supple and toned. Because of the high concentration of precursor stem cells in fat, the effects are long-lasting as the initial volume-filling effect is complemented by the production of healthy new skin cells.

Nano fat grafting can fill small wrinkles and fine lines, such as crow's feet, lip lines, neck wrinkles, and nipple area wrinkles. It is also effective at correcting dark circles under the eyes. Pigmentation around the eyes is a very common sign of ageing which is very difficult to treat. The transplantation of micro and nano fat into pigmented areas is a very effective treatment.

Collagen in the skin breaks down with age, causing the dermis to become thinner. This gives the skin a dull, crepey appearance, one of the most tell-tale signs of age. Filling the dermis with micro and nano fats can promote the formation of collagen fibres in the dermis, effectively improving the skin's quality.



PRP

Autologous platelet-rich plasma injection

Collagen is the main protein component of skin tissue. With age, collagen in the skin breaks down. This makes the skin thin, fragile, prone to bruising, and slow to repair. Crepey and sagging skin is also an inevitable result of the collagen loss brought about by ageing. Injecting autologous high-concentration platelet-rich plasma can effectively stimulate the skin cells to produce a large amount of collagen, strengthening the tissues, improving skin condition, repairing damage, and keeping the signs of ageing at bay.

The principle behind PRP injections is to use the natural regenerative properties of human blood platelets in high concentrations to jumpstart collagen production in areas where it is lacking. A sample of the patient's own blood is taken. This is then processed in a centrifuge to isolate the platelets suspended at high concentrations in plasma. The use of the patient's own platelets and plasma eliminates the risk of allergic reactions or other harmful immune responses. The treatment can reduce the signs of ageing on the face, neck, and hands. Its deep regenerative effects help reduce wrinkles and scars and can even stimulate hair growth if injected into the scalp.

PRP is a rich regenerative medium that stimulates the rapid production of large amounts of collagen in the skin, making it effective in treating wrinkles and fine lines on the forehead, around the eyes and lips, crow's feet, neck, and the backs of the hand. It is also a leading intervention in treating scars caused by acne, surgery, or accidents. Pigmented or dull skin, enlarged pores, and dilated capillaries are also treatable with PRP. It can help improve the plumpness of lips, eliminate bags under the eyes and stimulate hair regrowth.

Perfect Lift 21™ Reabsorbable Tensor Threads

With age, human skin tissue progressively loses elasticity. This natural ageing process results in skin sagging in certain areas of the face and body, resulting in fine lines, wrinkles and creases. With Perfect Lift 21 tensor threads, Clinic Lémanic offers a revolutionary approach to face and body lifts which do not require surgery. The treatment is perfect for tightening and lifting facial volumes and uses a natural, long-lasting tensile effect. It offers effects similar to a lift but without surgery and scarring.

The elastic reabsorbable tensor threads act similarly to the natural ligaments of skin. The flexibility of the threads affords highly natural and long-lasting results. Precision insertion of the threads into the dermis in the treatment zone ensures that tissues are properly supported and there is no muscle movement loss.

Perfect Lift 21 absorbable threads represent a significant advance in cosmetic medicine. Your skin is tightened and repositioned naturally, taking ten years off your age. Clinic Lémanic can also lift your eyebrows, reshape your jawline or cheekbones, and lift your neck, neckline, breasts, stomach or buttocks.

Several areas can be enhanced and rejuvenated thanks to Perfect Lift 21:

- raised cheekbones
- a more open and fresh look – threads placed on the temples and forehead open your face and eliminate that tired and sad look.
- raised eyebrows – with age, our eyebrows tend to droop, leaving us looking severe. Threads can give you back a relaxed and youthful look;
- reshaped jawline: tighten the contours of your jawline to instantly fight the signs of ageing;
- tighter neck: unattractive creases and wrinkles can be reduced with tensor threads.

Peeling

Exfoliation, anti-ageing, rejuvenation

In our daily lives, our skin suffers countless attacks that can prematurely age it- pollution, ultraviolet rays, cold, tobacco use, unhealthy nutrition, and poor sleep. Inappropriate cosmetics and make-up products can also harm the skin. Peels consist of applying an exfoliating agent on the face and possibly on the neck and décolleté. Peels act on several skin layers, allowing the skin to renew itself and regain luminosity, freshness and uniformity. The deep exfoliating action of a peel also prepares the skin's surface to absorb moisturising and nourishing products properly. Intended for both women and men, peeling is one of the great classics in aesthetic medicine. In addition to improving the skin's health, peels can also help reduce wrinkles, acne scars, and pigment spots. Peels are also a good way to tighten and tone the skin. Not all peels are the same, and care must be taken to select an appropriate treatment for your skin type. Our Clinic Lémanic experts will customise your treatment based on a dermatological assessment.

Advantages

Peels are a patient favourite for their rejuvenating effects, long-lasting result, and affordability. The treatment will eliminate dullness and leave you looking rested and relaxed. At Clinic Lémanic, we often accompany peels with hyaluronic acid or

botox injections where needed. The peel will give you fresh and luminous skin, and the injections will fill in the hollows and furrows and smooth out fine lines and wrinkles.

Results

Depending on the peel chosen, the effects vary. A superficial peel can restore confidence in the case of young people with acne-prone skin. A medium peel results in blemish-free skin with better tone. They are remarkably effective in fading brown spots, fine lines and superficial acne scars. Deep peels provide long-lasting results, removing the signs of ageing like deep wrinkles for smooth and rejuvenated skin and a bright complexion. We also offer at-home follow-up programmes to maintain the results for longer.



Acne

Acne is a skin condition caused by the secretion of hormones during adolescence. The Acne Expert Centre at Clinic Lémanic has developed effective therapies to address different types, severities, and locations of acne. Active ingredients are formulated according to the type of acne, and corresponding treatments are coordinated to achieve an overall effect.

You can choose basic therapy or a combination of therapies to completely cure acne. Our treatments safely accelerate healing and prevent infection, and the results are long-lasting.

- Isoretinoic acid is indicated as an effective treatment in cases of acne. Results are visible after the first or second month, and the risk of recurrence diminishes after three or four months.
- Microcrystalline dermabrasion is a painless exfoliating and pore-cleansing treatment suitable for young patients.
- Phototherapy is ideal for treating large areas and stubborn acne.
- Shallow skin abrasion reduces inflammation with active ingredients that cleanse the skin while removing excess oil and clearing infections.
- Anti-inflammatory treatment with a customised serum prevents scarring and clears the skin.

These treatments are safe and effective even in severe and stubborn cases where medication has proven ineffective.

Results

In the case of laser treatments for acne scarring, improvements to skin texture will be noticeable after four weeks. The definitive results of the treatments can be evaluated at the six-month mark. When the skin is completely regenerated, it will appear smoother with an even tone.

Scars

Scars are highly variable in terms of their causes, pathologies, and effects on the skin. Scar-reduction treatments should be carefully chosen based on an expert clinical assessment of specific cases. At Clinic Lémanic we have different fractional lasers for eliminating post-surgery scars, reducing facial pores, or reducing stretch marks. The treatment is suitable for both men and women, with minimal recovery time.

Advantages

At Clinic Lémanic, we design scar treatment plans on a case-specific basis. Lasers are almost always used, sometimes in conjunction with other equipment. Our patients enjoy the most advanced technology and techniques in the field. We use a spectrum of lasers to achieve the best possible treatment results. Fractional laser treatment can be used on the body and the face. It is harmless, comfortable, fast, and requires little recuperation time, allowing patients to return to their normal activities without delay (zero to five days, depending on the case). Anaesthesia is not required in the vast majority of cases.

Results

Due to state-of-the-art fractional lasers, you will find your skin smoother and more even one month after the treatment. The overall appearance of the face or body will be permanently and visibly improved because the laser treatment both eliminates imperfections and closes pores. The full effects of anti-scar fractional laser treatment can be seen after six months and are permanent.

Melasma

Mostly affecting women, melasma is a common reason for going to the dermatologist because of its unsightly appearance especially in patients with dark skin tones. Clinic Lémanic offers treatments personalised to your needs combining peels and serums. Melasma presents as pigmented patches, usually symmetrically on both sides of the face. The patches vary in colour from tan to dark brown. Melasma is usually linked to hormonal causes. Oral contraceptives or pregnancy can trigger the appearance of melasma. However, melasma has been observed to present independently of these triggers.

Different treatments, including customised peels and serums, can gradually lighten melasma pigmentation. The peel will bring a sparkle back to your skin. Your skin will glow more, and your skin tone will be more uniform. The treatment also reduces fine lines and scars. It is a complete beauty treatment.

Once the pigmentation has cleared, the longevity of the result largely depends on how well the patient cares for the skin and diligent application of sun protection and careful choices in cosmetics are essential.

Non-surgical eyelid lift

As we age, the skin around the eyes starts to stretch and sag, resulting in excess skin on the upper eyelids. This sagging or drooping (known as ptosis) gives you a sad and tired appearance, which can add years to your face. Recent developments in aesthetic medicine will now allow you to undergo an eyelid lift without a single incision or stitch. The plasma lift achieves a natural-looking result while lifting drooping eyelids efficiently and painless. The treatment smooths out the small folds of excess skin that develop over the years, thus rejuvenating the eyelids without affecting any alterations to the structure of the face.

How it works

To perform the rejuvenation treatment, the aesthetic specialist will use a small instrument specially designed for non-surgical medical and cosmetic procedures. The instrument is fitted with a thin metal probe and fine foam tip and is held like a pen.

The instrument is held within 1mm of the skin throughout the procedure but never actually touches it. The instrument emits a micro-current, producing a small electrical arc (called a plasma arc) that tightens the treated tissue. The electrical arc allows the instrument to raise the temperature of the excess skin precisely and precisely. Once heated, the skin is subjected to a superficial and controlled abrasion before cooling down and contracting.

By working extremely precisely and quickly on only the superficial tissues, the doctor can maintain total control of the treatment area and the depth of action to guarantee optimal results. Since no skin is removed, this procedure can be performed without anaesthetic injections or scalpels.

Results

The first results are visible around a week after the procedure, while the final results will appear after four to eight weeks. Your eyes will be visibly enhanced and rejuvenated, leaving you with a happier and more relaxed appearance that will last many years.



Blepharoplasty

In some cases, eyelid surgery is required to rectify sagging eyelids. The surgery instantly revitalises the eyes, and the face appears younger and more attractive. Eyelid surgery entails the removal of excess skin and fatty tissue from around the eyes. The upper and lower eyelids can be operated on together during the same treatment session or separately on different occasions. This surgery is effective for patients suffering from droopy eyelids or puffiness around the eye area.

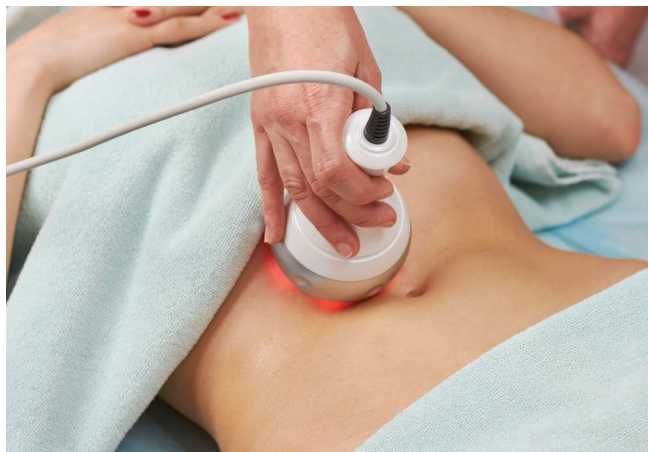
Eyelid surgery is performed on an outpatient basis. Local anaesthesia is generally used for blepharoplasty of the upper eyelids, while comfort sedation is recommended for blepharoplasty of the lower eyelids.

Results

Just one session is required to achieve the desired results. Once any potential post-operative swelling or bruising has subsided, you will see a spectacular improvement. The results of the procedure last between 8 and 15 years. The skin in the eye area will immediately appear smoother and firmer, but it will take at least three months for the full benefits of the procedure to become apparent. Your eyes will look brighter and more alert, helping turn back the clock on your appearance by at least ten years. The results of the procedure usually last between 8 and 15 years, but a healthy lifestyle will likely contribute to their longevity.



Slimming and Shaping



MASTER- CRYO

Master-Cryo is a programme designed by Clinic Lémanic in partnership with RENEVE Monaco. It is a non-invasive and non-surgical slimming treatment which combines six different techniques. The programme alternates phases of cryolipolysis and hyperthermia to break down and eliminate fat. These treatments are supported by electroporation, electrostimulation, ultrasound, laser therapy and photo-biostimulation.

How it works

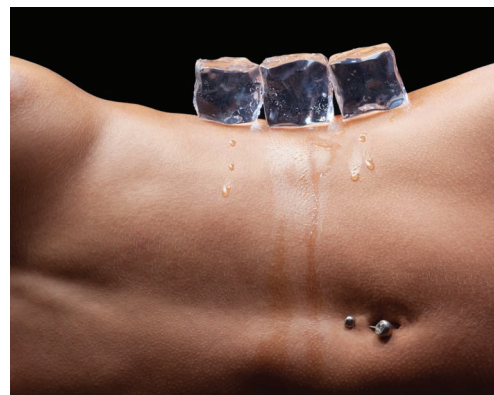
Due to our exclusive SLIM THERMAL SHOCK procedure, the Master-Cryo therapy programme drastically reduces localised fat deposits without surgical intervention. It is possible to easily target any part of the body without leaving marks or bruises. Your social life will not be affected at all.

The procedure is painless and does not cause any side effects. The alternating hot and cold phases combined with excitomotor and electroporation therapies make the treatment energising for your body.

Results

Results are usually noticeable after the first session already. The localised fat deposits will begin to disappear, and the changes will continue for the coming weeks. Your cellulite will diminish, and your figure will be more toned, ready for your tight jeans, swimming costume or dresses.

The combination of six complementary techniques effectively sculpts your figure, improves the texture of your skin and restores tone. If you want to slim down and eliminate small, annoying fat deposits, Master-Cryo is the ideal solution. Master-Cryo requires no surgery, is non-invasive, and results are visible after the first session. The treatment is appropriate for men and women.



Emerald Laser

A Painless and Effective Fat Loss Solution

Who hasn't dreamed of losing centimetres or eliminating fat without strict dieting and exercise? The specialists at Clinic Lémanic can offer you a state-of-the-art, painless and non-invasive treatment for fat loss with impressive results. No matter your body mass index (BMI), Emerald laser treatment can be used as an effective, personalised strategy to help you meet your goals, attain the figure of your dreams, and live without complexes about your weight.

Advantages

Clinically proven and certified by the FDA, Emerald is the first viable treatment alternative to risky bariatric surgery, even for patients with a BMI over 30. Emerald laser treatment is an approach that respects the body. It acts on fat cells, or adipocytes, causing them to lose their fat content without destroying them. Emerald laser treatment is relaxing, painless and non-invasive at every stage of the procedure. Patients can immediately return to their normal working, social and sporting activities. Emerald laser can treat the most common zones where fat deposits form: the tummy, waist, back, arms, thighs and knees.

Results

Clinical trials on patients with a BMI above 30 have demonstrated that it is possible to lose an average of 15 centimetres around the waist with impressive results on the hips and thighs. You will see the first results after the first treatment, and they will continue to improve for up to two weeks after the end of the program. The treatment is particularly effective in areas resistant to dieting and exercise. The results are long-lasting, provided you maintain a healthy lifestyle as your nutritionist recommends. You finally have the power to change your life.

Bioregenerator Breast Lifting

This non-invasive alternative to traditional breast lift surgery (mastopexy) can restore firmness, lift, and shape to sagging breasts. This gentle and painless technique increases the oxygen content of your histiocytes, improves blood circulation, and promotes tissue regeneration starting with the lymphatic system. The system uses an electrode device to calculate and recalibrate the energetic potential to tone and lift breasts naturally.

Results

The treatment improves skin quality and can reduce the appearance of stretch marks. It is particularly helpful in restoring the appearance of breasts after pregnancy and breastfeeding.



Slimming Detox

Clinic Lémanic Slimming and Detoxification Package

Clinic Lémanic offers an exclusive non-invasive slimming and detoxification package aimed at patients wishing to shed weight and improve general well-being. The package treatments provide multi-organ detoxification and energising therapies for increased vitality. In-depth nutritional analyses are conducted to screen for deficiencies, and essential vitamin and trace element infusions are prescribed. The treatment effectively eliminates toxins from the body and boosts your immune system.

Benefits

Specialised blood tests are carried out to identify the causes of metabolic and hormonal imbalances. Based on the test results, a course of treatment and diet plan is prescribed by a specialised doctor and a dietician to correct deficiencies and excesses and restore a harmonious and healthy equilibrium. The doctor will customise a multi-organ detoxification plan for each patient. These dietary interventions are supported by a programme of advanced fat loss and shaping treatments.

Classic three-day plan

- A general medical consultation with an oligosaccharide test/ECG/blood pressure test;
- An oral detoxification and slimming food supplement plan for the three days of treatment;
- One session of Emerald Laser Treatment;
- Two MasterCryo lipolysis treatments;
- Three cell tightening and fat reduction treatments;
- Three nitrogen dioxide microcirculation detoxification treatments;
- Two sessions of personal training for improved balance;
- One photothermal slimming session;



Premium Slimming Detox Five-Day Plan

- Two medical consultations with tests for trace elements and heavy metals, oligosaccharide test, ECG and blood pressure exams;
- A consultation with a dietician;
- A consultation with Dr Emmenegger
- Customised oral detoxification and slimming oral supplements for five days based on your nutritional analysis, oxidative stress, coenzyme Q carotenoids, 8-OH-DG, diabetes risk, cardiovascular risk, and microbial examination.
- A fat distribution body scan
- Three sessions of personal training for improved balance
- Three cell tightening and fat reduction treatments
- Two Emerald laser treatments
- Two MasterCryo lipolysis Treatments
- Five nitrogen dioxide microcirculation detoxification treatments
- Two photothermal slimming sessions
- One microcrystalline dermabrasion and skin moisturising care treatment

Optional Items:

- Ultrasound facial and neck tightening and slimming therapy
- Advanced customised body care-Thermage and ultrasound slimming for specific areas of the body
- Colon hydrotherapy for a detoxifying colon reset and maximum nutrient absorption during and after your treatment plan



Mummy Makeover & Postpartum Recovery

Pregnancy, breastfeeding, and caring for a newborn infant can take an immense toll on a woman. Common complaints include weight gain, sagging breasts, stretch marks, thinning hair, dull skin, melasma, and insomnia. Clinic Lémanic offers a customised detox and body-shaping package of treatments to help new mothers bounce back.

The comprehensive package includes:

Physical Examinations

- Blood tests, comprehensive nutritional analysis, and oxidative stress reaction tests
- One consultation with a general practitioner
- One gynaecologist consultation, including comprehensive postpartum ultrasound
- Hormone regulation, if necessary
- One consultation with a nutrition expert
- One dermatologist consultation
- Heavy metals and trace elements screening
- Allergen testing
- A gut microbiome health analysis
- One online consultation for the analysis of the results
- A customised oral slimming and detoxification course as prescribed by the doctor

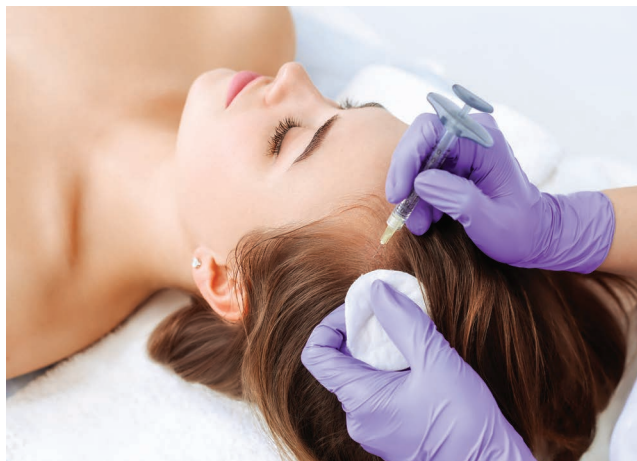
Slimming and shaping treatments

- Three Bioregenerator Breast Lift Treatments
- Two postpartum personal training sessions
- Three whole body cell tightening and massage to remove stretch marks, accelerate metabolism, strengthen blood circulation, accelerate fat breakdown, and improve the appearance of stretch marks
- Two Emerald laser treatments
- Two Master- cryo treatments
- Two phototherapy treatments for stretch marks, toning, and slimming

Organ detoxification

- Five nitrous oxide detoxification treatments
- Three phototherapy sessions for organ detoxification
- One package detoxification+1 body meridian dredging detoxification massage
- Two balance-focused personal training sessions to quickly improve lower back and leg pain and increase overall coordination
- Facial care and skin detoxification
- Microcrystalline deep cleansing and moisturising
- Exfoliation and anti-ageing skincare therapy to remove dead skin, reduce fine lines, tighten skin, even skin tone, reduce pigmentation, and promote skin cell regeneration
- PRP autologous serum skincare to comprehensively improve skin texture, improve pigmented spots, and tighten skin
- Natural vitamin or hyaluronic acid microneedle therapy
- Ultrasound sculpting
Two to three months of at-home care with the SWISSLINE series classic skincare management

Hair Expert Centre



REG 21™ Stem Cell Therapy For Hair Loss

Created by Clinic Lémanic, REG 21 is a revolutionary treatment for hair loss and many other hair conditions. By using the miraculous regenerative power of follicle stem cells, REG 21 offers excellent results, halting hair loss and stimulating regrowth.

It is strongly indicated in cases of male-pattern baldness and hereditary hair loss. It is important to seek treatment as soon as possible. The REG 21 method is minimally invasive and leaves no scarring. No special preparation is required before treatment, and there is absolutely no need to shave your head! The treatment requires only one session, and you can return to your professional, social and sporting activities immediately. The first results of the REG 21 treatment will appear after four months. The method has the effect of slowing hair loss and thickening the hair over time.

We also offer REG 21 as part of packages of treatments designed to work together to maximise hair regeneration.

Classic Package

- REG21 stem cell therapy for hair loss
- A consultation with Dr Emmenegger
- Two sessions of phototherapy and hair growth therapy
- One PRP autologous serum injection therapy for promoting growth
- One session of microneedle therapy

Prestige Package

- REG21 stem cell therapy for hair loss
- A consultation with Dr Emmenegger
- A blood test
- A genetic food detox test
- Two sessions of phototherapy and hair growth therapy
- One PRP autologous serum injection therapy for promoting growth
- One session of microneedle therapy
- A consultation with a specialist nutritionist
- Two sessions of phototherapy for hair growth

MICA® Hair Grafts

With twenty years of experience and over 3000 successful hair transplants, Clinic Lémanic is the natural choice for hair loss reversal. The Autologous Micro-Hair Implants (MICA®) method involves removing the patient's hair under local anaesthesia from areas unaffected by alopecia to reimplant it where it is lacking.

MICA® hair grafts make it possible to cover large areas even where baldness is quite advanced, provided the donor areas are sufficient. The results of MICA® treatment are, in principle, permanent, and you will never have to use hair loss products or drugs again. The MICA® method is minimally invasive and painless, unlike the strip method, which is still used elsewhere. MICA® thus offers the advantage of having a short and manageable recovery period. Unlike older methods, like FUT and FUE, MICA® generally leaves no visible residual scarring. The result is so natural that it is almost impossible to tell that a person has had implants.

Suppose hair loss or baldness continues to affect areas outside the transplant zone. In that case, a supplementary treatment is recommended to regenerate the cellular ecosystem responsible for hair growth. LED light therapy and REG 21 are two treatments available at Clinic Lémanic to help halt the progression of alopecia in the areas outside the transplant zone.

LED light therapy for hair growth is a perfect complement to hair implants. If practised in the weeks following your implant procedure, LED treatment accelerates the regrowth of the grafts and regenerates the scalp. A combination of MICA® hair grafts and LED light therapy forms a complete treatment exclusive to Clinic Lémanic.

CNC® Bespoke Hair Prosthesis System

One of the only solutions for advanced or complete baldness is the CNC® hair prosthesis system. This treatment is non-invasive, and the prosthesis is made-to-measure. The prosthesis is made from a flexible medical polymer that allows the scalp to breathe properly. They are undetectable to the naked eye and feel natural to the touch.

The CNC® system uses a 39-step process, from creating the mould to applying the prosthesis to the patient's scalp. Morphological analysis of the patient's scalp using high-tech scanners and 3D printing of an identical replica of the cranium produces a perfectly customised prosthesis. The prosthesis is then hand-made by specialist artisans. They are made of antibacterial medical-grade polymer, which is heat, humidity, and sweat resistant. The naturally treated human hair used to weave the prosthesis is carefully selected to match the colour and type of the patient's hair and how your hair follicles naturally grow.

It is practically undetectable by the naked eye or to the touch. It blends perfectly with your skin and remaining hair because this technique does not require your head shaving. The results are instantaneous. Immediately after the CNC® prosthesis is applied, you can begin enjoying your new hair. The results are natural, and there is no visible demarcation between the prosthesis and your hair. The transition is seamless.

Aesthetic Dentistry



Ultra-Thin Whitening Dental Veneers

Being unhappy with your smile can negatively affect your self-esteem and social life. Clinic Lémanic has an innovative solution in the form of ultra-thin ceramic veneers. This fully-personalised and painless technique offers instant results. Ultra-thin veneers can give you a flawless, glamorous, red-carpet smile.

Dental veneers are extremely thin ceramic prosthetics that look, feel, and act like natural teeth. They have the same shape, colour and translucence as teeth. The technique works by attaching veneers that have been specially manufactured to your specifications onto the surface of your teeth to conceal flaws. The veneers are manufactured to measure based on your imprints, ensuring complete consistency in colour, size, shape, brightness and whiteness.

What are the benefits of ultra-thin dental veneers?

Ultra-thin veneers are a painless and non-invasive solution to many dental and orthodontic issues that might otherwise require serious intervention. Your teeth remain in place, and the veneers do not damage their surface. The results are instantaneous, and you can return to normal life immediately. They are made of a specialised and particularly hard-wearing ceramic compound. The ultra-thin veneers are shock resistant and do not discolour over time. You will notice that the custom veneers give you a bright, even smile in perfect harmony with your face. You will look younger and healthier and be more confident in an instant.

Invisalign Transparent Aligners

Everyone dreams of having a perfect smile, but very few people have naturally straight teeth. An out-of-place tooth, an overbite or a malocclusion can become a source of low self-esteem and stop you from showing your smile. Specialists at Clinic Lémanic can help you using an innovative, more comfortable and less invasive technique than classic orthodontic treatments. Your teeth are gradually realigned with discrete transparent aligners precision-engineered for you. As your treatment progresses, you will be fitted with new aligners as needed every two to three weeks.

The benefits of Invisalign Aligners

Transparent aligners are suitable for anyone (adults, adolescents and children) wishing to improve their smiles discretely. They offer the following benefits:

- near invisibility - these state-of-the-art transparent thermoplastic devices are the cutting-edge of orthodontic treatment, offering painless and almost invisible dental realignment. In contrast to traditional metal braces;
- zero impact on your social and professional life - wearing aligners will not give you any trouble speaking;
- non-invasive and painless - the BPA plastic-free aligners are custom engineered to avoid any uncomfortable rubbing against the lips, tongue or inside of the cheeks;
- no food restrictions - the aligners are removable and can be easily removed before meals;
- simple dental hygiene - the aligners are removable, so you can take them out to clean them and to brush and floss;

Results

If the problems with the position of your teeth are minor, you could get results between three to six months after starting treatment. This technique works by gently and gradually realigning your teeth, so patience is crucial for the best results. Once your treatment is complete, you will want to keep your new smile forever. You will be given a removable aligner to wear only at night to guarantee permanent results. It is also possible to install an invisible fixed retention guard on the back of your teeth to stop your teeth from shifting out of place.

The Complete Clinic Lémanic Treatment Range

Preventive Medicine

- BEST Biological Endogenous Stimulation of Autologous Stem Cell Therapy
- Early cancer screening in Switzerland
- DNA gene testing
- ReBalance organ detoxification and rebalancing programme
- City Detox
- Coco Swiss antioxidant beauty detoxification
- Blood purification
- Immune Enhancement Therapy

Dermatology

- Comprehensive skin diagnosis
- Skin and blood allergy testing
- Special Allergy Screening
- Acne, vitiligo, psoriasis, dermatitis, eczema, hyperhidrosis treatments
- Diagnosis and treatment of rare skin diseases by an eminent dermatologist
- Excisions
- Skin grafting
- Scar removal

Ophthalmic medicine

- Myopia correction
- Presbyopia correction
- Cataractsurgery

Laser Expert Centre

- Deep wrinkle removal
- Comprehensive photorejuvenation
- Treatment of pigmentation and melasma
- Removal of thread veins
- Hair removal
- Tattoo removal
- Scar and stretch mark treatments
- Orange peel therapy

Comprehensive facial beauty

- Facelift
- Non-surgical upper eyelid correction
- Treatments for bags under the eyes
- Eyebrow lifting
- Fat filling for contouring
- Micro and Nano fat filling

Plastic Surgery

- Rhinoplasty
- Breast augmentation, reduction, shaping
- Abdominal plastic surgery
- Liposuction

Aesthetic dentistry

- Ultra-thin veneers
- Invisalign transparent aligners

Aesthetic medicine

- Cell Boost beautifying facial revitalisation
- Thermage
- Cyrolipolysis
- MasterCryo
- Ultrasound sculpting
- PRP autologous platelet injection
- Hyaluronic acid and botox injections
- Chemical peels

Expert Hair Centre

- REG21 stem cell hair growth package
- Light therapy for stimulating hair growth
- MICA autologous hair follicle transplantation
- BHI Biological Hair Transplant
- CNC prosthesis

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Product Lines

Clinic Lémanic and Swissline home care cosmetics

Clinic Lémanic is renowned for its expertise in dermatology, anti-ageing, and preventive medicine. We have been searching for new methods to achieve better home care outcomes. This is why we have cooperated with our partner Swissline to develop the Clinic Lémanic plant stem cell series of high-quality cosmetics and skin care products. The focus of research and development innovation of this series of products is to use plant stem cells to regenerate the cutaneous barrier.



Health Boost - Micronutrition of health and beauty

Health Boost is Clinic Lémanic's range of combinatorial micronutritional supplements. They are the result of the latest generation of advanced research in micronutrition and natural health. Health Boost products are completely ground-breaking because they give the body carefully selected combinations of nutrients from plants, algae, fungi, minerals and vitamins. They specifically target the metabolic mechanisms necessary for your body's healthy functioning and have no side effects.





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