NOUVELLE CLINIQUE VERT-PRÉ

CONCHES / GENEVA, SWITZERLAND

# A Private Stay in Geneva

A comprehensive health assessment and a personalised rejuvenation plan over five days in Geneva, with assessment for autologous stem cell approaches where appropriate.




## Clinique Vert-Pré

CENTRE FOR REGENERATIVE & LONGEVITY MEDICINE

# A plan for healthy ageing

Our multidisciplinary team brings together preventive medicine and laboratory expertise. Clinical evidence guides the choice of tests, treatments and follow-up.

## Comprehensive medical examination

Your physician reviews your personal and family history, current treatments and health priorities, then performs a physical examination. The assessment may cover cardiovascular and metabolic risk, sleep, nutrition and physical activity.

## In-depth laboratory assessment

Your physician selects blood tests based on your history and examination. These may assess blood sugar, cholesterol, kidney and liver function, or other markers relevant to your care.

## Targeted genetic testing

When personal or family history suggests an inherited risk, your physician may recommend targeted genetic testing. The team discusses its scope, possible implications, consent and genetic counselling as appropriate.

## A plan for the months and years ahead

Your team reviews available findings, agrees priorities for prevention and treatment, and sets a schedule for monitoring. The written plan can include repeat testing, treatment for identified conditions, specialist referrals and coordination with your doctor at home.

# Skin quality over time

Our medical team will explain which approaches suit your skin, when you might see changes and whether further sessions would be helpful.



Illustrative image

## PRP

Platelet-rich plasma is prepared from your own blood. Evidence for facial skin rejuvenation remains limited.

## PRF

Platelet-rich fibrin is a blood-derived preparation containing a fibrin matrix. Evidence for aesthetic use is still developing.

## Nanofat

A small amount of your own fat is processed for use in selected areas. Recovery includes the donor and treatment sites.

## Polynucleotides & PDRN

DNA-derived preparations studied for skin quality. Some are fish-derived. Tell your clinician about relevant allergies.

## Autologous exosomes

Small vesicles released by your own cells. Their aesthetic use is being studied, and clinical evidence is limited.

## Autologous stem cells

Stem cells from your own tissues are being studied for regenerative applications.

Exosome and stem cell approaches depend on the clinical indication and applicable Swiss requirements.

# Skin Repair & Facial Rejuvenation



Illustrative image

## Skin boosters

Selected hyaluronic acid formulations can address skin hydration and texture.

## Expression lines

Botulinum toxin may be used to soften selected expression lines, such as frown lines, within the indications for the product used.

## Hyaluronic acid fillers

Fillers can restore lost facial volume or refine definition in selected areas.

## Absorbable threads

Threads may offer temporary support for selected areas of mild facial laxity.

**Treatments are performed by Dr Laurent Benadiba, a plastic surgeon, aesthetic medicine specialist and university lecturer.**

We use medicines authorised by Swissmedic where required and medical devices that meet Swiss requirements.

# What to expect

Dr Laurent Benadiba and his medical team will explain a treatment plan tailored to your needs, taking into account both your medical and aesthetic concerns.

## A visit planned around your treatment

Many injection appointments are outpatient and take around 30 minutes, depending on the treatment and areas involved. PRP and PRF require a blood draw and preparation. Nanofat involves a separate fat-harvesting step and a different recovery plan.

## Recovery and aftercare

After many injections, redness, swelling or bruising is usually mild and temporary. Many patients can resume everyday and social activities soon afterwards. Your team will explain any precautions and help you plan around the treatment you receive.

## What treatment may address

Some techniques target a specific concern. Others are used to support aspects of skin quality over time. Your doctor may discuss options to:

- Soften selected fine lines and improve hydration or texture on the face, neck or décolletage.
- Refine facial contours, restore lost volume or address mild laxity, depending on the cause.
- Assess uneven tone or pigmentation. Sun spots and other pigment changes may call for a separate assessment and treatment.

# Your care in Geneva

A sample itinerary. The medical team adapts the timing and choice of treatment to your assessment, recovery and travel plans.



DAY 01

## Comprehensive assessment

Review your health history, aesthetic goals and preventive health priorities with your surgeon and the longevity medicine team. Tests are tailored to you.

DAY 02

## Medical treatments & injections

Begin the agreed treatment plan. The team confirms which procedures and injections are appropriate after your assessment.

DAY 03

## Medical treatments & injections

Continue your programme as indicated. The team reviews your response before proceeding with further treatment.

DAY 04

## Recovery & longevity follow-up

Allow time for recovery and review. Where results are available, discuss a personalised prevention plan. An optional social programme can be arranged if appropriate.

DAY 05

## Final review & departure

Review recovery, receive written aftercare and agree follow-up after you return home. Your doctor advises on onward travel.

# A stay tailored to you

Settle into a quiet hotel suite or private apartment in Geneva, with private transfers and time by the lake. The details of your stay can be tailored to you and your companion.

## Your accommodation in Geneva

Choose a high-end hotel or a private apartment in Geneva. Let us know your preferences for location, space and privacy, and whether you would like a private chauffeur for airport and clinic transfers.

## Language, dining & privacy

Request a medical interpreter in Arabic, Mandarin, Cantonese, Japanese or another language. Tell us about halal dining, prayer arrangements and any preferences for privacy.

## A bespoke social programme

A private Old Town visit, a watchmaking appointment or lunch by the lake can be arranged for you or your companion. Your care team can advise which activities fit your recovery.

## Time between appointments

Your schedule leaves time between consultations and treatments for rest. Transfers between your accommodation and the clinic can be planned around your appointments.

Accommodation, interpreter and concierge arrangements are confirmed individually.

# Plan your stay



## Dr Laurent Benadiba

**Medical Lead, Regenerative Medicine and Surgery & Longevity Medicine Unit**

Plastic, reconstructive and aesthetic surgeon. He has taught at the Paris Faculty of Medicine since 2010, co-founded the DUTIC university diploma and has presented at the international IMCAS congress.



## Nouvelle Clinique Vert-Pré

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**cliniquevertpre.ch**

Ask about an initial remote consultation. Your care team will confirm your treatment plan, travel arrangements, costs and follow-up.

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