



HEALTH CENTER
CLINIQUE LÉMANA

SWITZERLAND

SINCE 1952

GUIDE

REJUVENATION TREATMENTS

Facial Aesthetic Medicine at
Health Center Clinique Lémana in
Switzerland

WWW.LEMANA.COM

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DISCOVER OUR ANTI-AGING TREATMENTS

Specializing in anti-aging medicine since its inception, Health Center Clinique Lémana is now expanding its offerings to include facial aesthetic medicine.

In addition to its revitalization and nutritional treatments that alleviate the effects of aging, the anti-aging care of aesthetic medicine will help erase the signs of time and even truly rejuvenate the skin.



THE ANTI-AGING INJECTIONS OF AESTHETIC MEDICINE

Aesthetic medicine is a branch of medicine dedicated to enhancing a person's physical appearance and well-being through non-surgical treatments. Among these, anti-aging injections hold a prominent place. Botox® and hyaluronic acid injections are among the most well-known and common.

NON-INVASIVE AND SAFE MEDICAL PROCEDURES

Anti-aging injections are minimally invasive: no hospitalization is required, and there is no need for social downtime. Furthermore, they are quick to administer, with the session typically lasting around 30 minutes on average. However, for some procedures, a preliminary blood or fat collection and processing time may be necessary.

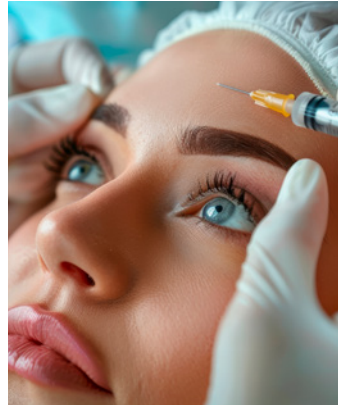
Administered by our qualified physician, who holds a diploma in Plastic, Reconstructive, and Aesthetic Surgery, the anti-aging injections provided at Clinique Lémana pose very few risks. Firstly, because they are performed within a medical setting. Secondly, because they are non-invasive procedures, with no skin incisions other than for blood collection or product injection. Finally, the injectable products used, authorized by Swissmedic, have demonstrated their safety extensively. There may be risks of allergy to Botox® or hyaluronic acid, but such cases remain extremely rare.

AESTHETIC TREATMENTS AT CLINIQUE LÉMANA

EFFECTIVE TECHNIQUES AGAINST SIGNS OF AGING

Some injections are specialized in treating specific signs of aging, while others activate a complete skin regeneration process.

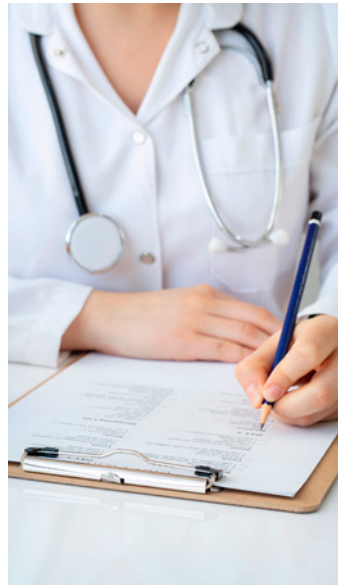
- Smoothing or reducing wrinkles and fine lines on the face as well as the neck or décolleté,
- Erasing pigmentation spots
- Tightening, smoothing, and firming the skin,
- Firming the facial contours
- Restoring freshness and radiance to the complexion
- Restoring depleted volumes.

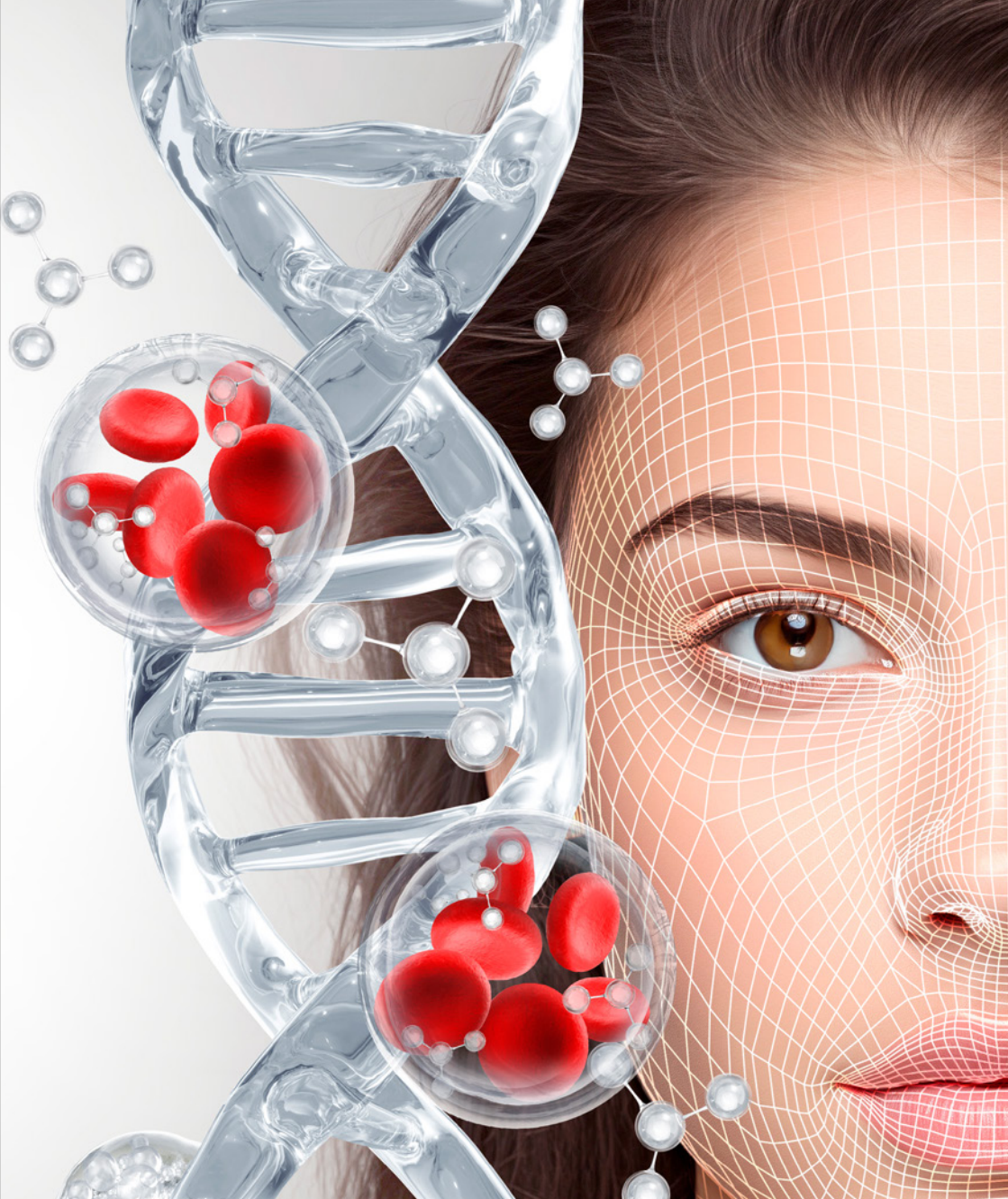


OUR TREATMENTS

Very exceptionally on an outpatient basis, our aesthetic care offerings are generally aimed at our clientele, either as a revitalization and anti-aging treatment or as a nutritional treatment, or even as part of a stay for Facial Rejuvenation Treatment with Stem Cells.

- Facial Rejuvenation Treatment with Stem Cells
- Platelet-Rich Plasma (PRP) Injections
- Hyaluronic Acid Injections
- Thread Lifts
- Botox® Injections

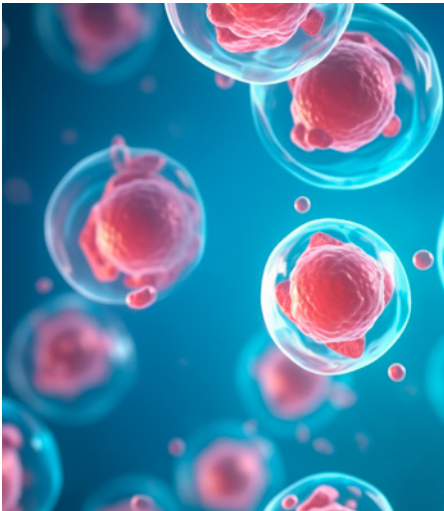




FACIAL REJUVENATION TREATMENT
WITH STEM CELLS

LES EFFETS DES INJECTIONS ANTI-ÂGE À BASE DE CELLULES SOUCHES AUTOLOGUES

Nowadays, the technique of injecting autologous stem cells, meaning derived from one's own body, is at the forefront of aesthetic medicine, yielding astonishing rejuvenating results. Indeed, it allows for the erasure of signs of aging, paving the way for a renewed and radiant youthfulness of the skin.



WHAT ARE STEM CELLS?

Produced by the bone marrow and naturally present in various organs and tissues, stem cells are undifferentiated cells with the ability to transform into any type of cell as needed by the body.

At the heart of biological growth and healing mechanisms, stem cells enable the renewal of various cells in our bodies, including those of the skin.



THE REGENERATIVE POWER OF STEM CELLS

A stem cell is a cell in the human body that has the ability to transform into any other cell: neuron, heart cell, blood cell, skin cell.

In adults, stem cells are naturally present in various organs and tissues. They are used to renew and repair damaged or destroyed cells.

THE EFFECTS OF ANTI-AGING INJECTIONS WITH AUTOLOGOUS STEM CELLS



- Reduction of deep wrinkles such as frown lines, nasolabial folds, marionette lines, or neck wrinkles;
- Elimination of fine lines around the eyes (crow's feet), mouth, and cheeks;
- Reduction of dark circles;
- Eradication of pigmentation spots and scars;
- Restoration of volume in the cheeks and temples in particular;
- Firming of the facial contour, chin, and neck;
- Improvement of skin texture, regaining suppleness and elasticity
- Refreshing the complexion, making it brighter and more radiant.

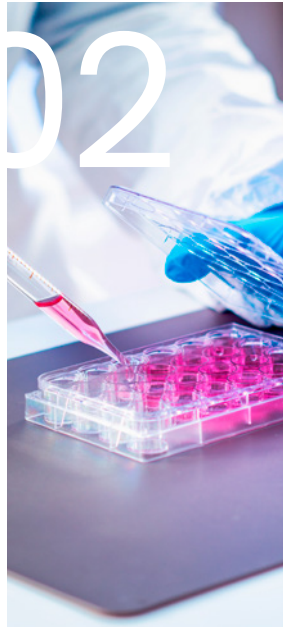
These effects occur gradually. After the injection, it takes several weeks to appreciate the full effects. During this time, you will see your face rejuvenate day by day.

THE STEPS OF FACIAL REJUVENATION THERAPY WITH STEM CELLS

The treatment of stem cell injections involves several steps. Indeed, the stem cells reinjected come from your own body. Therefore, before the injection phase, there is first a step of fat harvesting followed by the extraction of stem cells from the collected sample.



Fat harvesting from an area that will have been previously decided between the surgeon and the donor-receiver patient during the preliminary medical interview. The harvesting procedure is performed under general anesthesia.



Extraction of stem cells from the fat harvest. This high-tech procedure is carried out in a specialized laboratory.



Re-injection of stem cells into the face, neck, décolleté, or hands using micro-cannulas. This intervention, lasting 30 to 45 minutes, is not painful, but the application of an anesthetic cream is available for those who are more sensitive.

STORAGE OF STEM CELLS FOR FUTURE USE



Facial rejuvenation treatment with stem cells is long-lasting. There is no moment when its effect abruptly ceases: your skin will always be several years younger. However, the aging process is not halted. Therefore, if desired, it is possible to reinitiate facial rejuvenation after a few years.

In this perspective, it may be interesting to preserve already extracted stem cells. Stored in a bank for a period of 10, 20, or even 30 years, you can then reuse them as

desired in the years to come. Furthermore, the cells stored in this way will be younger and of better quality than those that will be extractable at that time.

Finally, the storage of stem cells also has significant medical potential due to their therapeutic potential. Cellular therapy, which is currently experiencing unprecedented acceleration, holds promise for the treatment of numerous diseases.

DETAILS OF YOUR STAY



DAY 1

- Arrival at the Mirador Resort & Spa hotel.
- Welcome at Clinique Lémana with a visit from the night nurse to your room.

DAY 2

- Medical consultation with our doctor, specialized in Plastic, Reconstructive, and Aesthetic Surgery, responsible for your operation. This consultation includes a blood test and a complete medical assessment.
- Fat harvesting in the operating room under general anesthesia. The harvesting area will have been previously defined between you and the surgeon.
- Sending the fat sample to the Laboratory.



DAY 3

- Extraction of stem cells by the laboratory.
- Return of the stem cells ready for injection to Clinique Lémana.
- Option for storage of the remaining stem cells for future use (upon prior request only).
- Option to organize a «shopping» visit to luxury watch shops and other major Swiss brands, or to fully enjoy the well-being spaces of the Mirador Resort & Spa hotel.



DAY 4

- Injection of stem cells into the face, décolleté, neck, or hands, as determined during the medical consultation.



DAY 5 (END OF STAY)

- Post-operative medical consultation with the surgeon and issuance of a certificate, if the storage of unused stem cells is planned.



CONTRAINDICATIONS

Facial rejuvenation therapy using stem cells poses no health risk in the case of particular pathologies. However, the stem cell extraction process is carried out in a laboratory, in sterile rooms. Strict safety conditions ensure the absence of microorganisms, bacteria, viruses, and parasites. Therefore, certain pathologies are prohibitive.

Our facial rejuvenation therapy using stem cells is contraindicated in case of HIV, hepatitis, syphilis. Before the stay, a blood analysis must be performed at your home and the results sent to Clinique Lémana for validation of the treatment by our surgeon.

PLATELET RICH PLASMA (PRP) INJECTIONS

A true beauty serum, PRP injections restore radiance and beauty to the skin while reducing signs of aging.

Platelet-Rich Plasma, or PRP, is one of the components of our blood. Aesthetic medicine harnesses the regenerative and healing qualities of blood platelets. These platelets release growth factor molecules locally, which stimulate skin regeneration mechanisms.



THE EFFECTIVENESS OF PRP INJECTIONS

- Reducing dark circles
- Diminishing the depth of wrinkles, especially those on the forehead or nasolabial fold
- Erasing fine lines around the eyes or mouth
- Firming the skin
- Improving complexion by adding radiance and freshness

PRP can also be injected with hyaluronic acid, which has volumizing effects. This combination restores volume while benefiting from the anti-aging effects of plasma.

Finally, when applied to the scalp, PRP injections slow down hair loss. They are a solution to consider in cases of alopecia.

The first effects appear between 4 to 6 weeks after the session and gradually improve over 6 months until the final result, which lasts for 6 to 12 months. Regular maintenance treatments every 3 to 6 months help prolong the effects of this anti-aging serum. No social downtime is expected after the sessions.

HYALURONIC ACID INJECTIONS

Effective for filling wrinkles and fine lines as well as restoring facial volumes, hyaluronic acid injections are very simple and quick to perform.



WHAT IS HYALURONIC ACID?

Hyaluronic acid is a molecule naturally present in the skin. It has remarkable characteristics including very high viscoelasticity and a very high hydrating power, which contributes significantly to the skin's elasticity. In aesthetic medicine, it is primarily used for its filling and volumizing effects.

THE EFFECTS OF HYALURONIC ACID INJECTIONS

Its hydrating properties improve the complexion and skin tone. The initial effects are immediate. The final result can be appreciated after a few days, lasting between 9 and 12 months.

HYALURONIC ACID INJECTIONS ARE USED TO :

- Fill deep wrinkles (frown lines, nasolabial folds, marionette lines)
- Fill surface wrinkles (crow's feet, mouth contour)
- Fill hollow under-eye circles
- Restore volume to the temples or cheeks
- Reshape lip contours
- Reshape facial contours
- Plump lips
- Sculpt cheekbones

THREAD LIFTS



Thread lifts, also known as «soft lifts,» correct skin laxity in a manner similar to a cervicofacial lift, but without surgery.

This technique involves placing dissolvable barbed threads under the dermis using a fine needle or cannula. Like the cervicofacial lift, it tightens loose tissues. It also stimulates collagen production and improves skin quality.

At the end of the session, some redness may appear on the face, which will disappear on its own by the following day. No social downtime is expected. The effects are immediate and last between 12 and 18 months.

SKIN ELASTICITY RESTORATION

Thread lifts offer a range of benefits for facial rejuvenation, including redefining facial contours, firming the neck area, and smoothing out wrinkles. These lifts provide immediate lifting and tightening effects, resulting in a more youthful appearance.



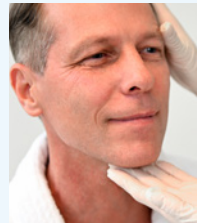
**DESIGN
PHASE**



**LOCAL
ANESTHESIA**



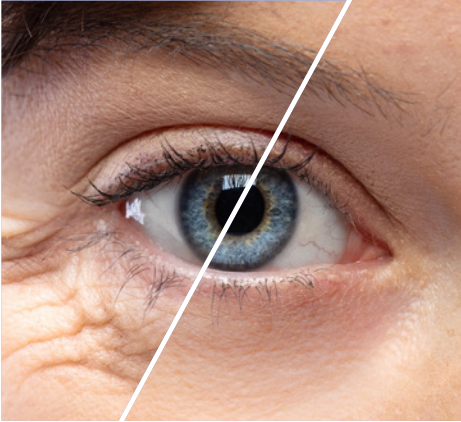
NEEDLING



**IMMEDIATE
EFFECT**

BOTOX® INJECTIONS

Botox® injections have been used in facial aesthetic medicine since the late 1980s. Even today, they remain the most commonly performed non-invasive medical procedure in the world.



WHAT IS BOTOX®?

Botulinum toxin, better known by its trade name Botox®, acts on nerve endings, leading to varying degrees of muscle paralysis. Expression lines such as horizontal forehead lines, the frown line between the eyebrows, or crow's feet at the corner of the eyes form precisely due to repeated muscle contractions. Thus, when administered to specific facial muscles, Botox® limits their movement and the formation of wrinkles.

THE BOTULINUM PROTEIN EFFECTIVELY TARGETS:

- Horizontal forehead lines and wrinkles
- The frown line between the eyebrows
- Crow's feet
- Fine lines around the eyes

However, it will have no effect on static wrinkles. For these, other aesthetic medicine treatments exist, such as hyaluronic acid injections.

After the session, the face usually presents some redness, easily concealed with a little makeup. Sometimes, swelling may occur, but again, nothing to worry about: it resolves itself within a few days. You will be able to comfortably participate in social activities.

NO SOCIAL DOWNTIME IS EXPECTED.

The effects of Botox® injections are fully visible after 2 to 3 days and last between 6 and 12 months.



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« WE AIM NOT SO MUCH TO ADD YEARS TO YOUR LIFE AS TO
ADD QUALITY OF LIFE TO YOUR YEARS. »

Dr Méd. Alfred Pfister

AT THE FOREFRONT OF ANTI-AGING MEDICINE FOR 70 YEARS

Founded by Dr. Pfister in 1952, the Health Center Clinique Lémana has been a pioneer in cellular therapy research, having discovered a patented preservation solution that preserves the vitality of harvested cells.

This breakthrough, recognized by numerous celebrities for several decades, positions Clinique Lémana as the number one and most reliable center in the field of anti-aging therapy.

Dr. Pfister's work has endured for 70 years and continues to evolve. While the motto has remained unchanged since 1952, Clinique Lémana constantly updates its range of treatments in line with the latest medical and technological advances.

Surrounded by a caring and attentive team, anti-aging care programs are offered with human values of multidisciplinary approach for comprehensive care and 24/7 medical supervision.



Excellence, discretion, and confidentiality remain unmatched Swiss assets within the Health Center Clinique Lémana.

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