LA CLINIQUE SWISS



More good *years.*

A LONGEVITY CLINIC HOTEL · KARIMUNJAWA, INDONESIA

AN INVITATION

Most medicine waits for something to go wrong. La Clinique Swiss is built the other way round.

Once a year you come to an island to be measured, to rest and to leave with a plan. Between visits, a small team follows you from home. Our medical director is Swiss and part of that team, and designs and supervises every protocol.

One membership, for two people, for thirty years.

The founding team



One week a year, by the sea.

For the next thirty years.

Not a spa.
A longevity clinic hotel.

I · MEASURE

The numbers you cannot feel

Blood pressure, ApoB, glucose, HbA1c and up to 31 markers, on the schedule your physician sets. You see them change years before you would feel anything.

II · ACT

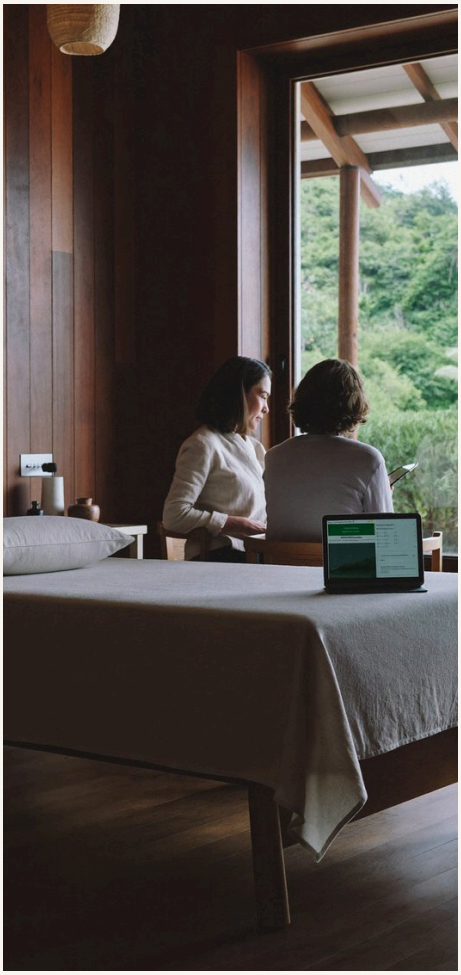
A team between visits

A personal dietitian and a personal coach, online all year from 2027. They know your numbers and your life, and help you keep three to five changes.

III · RETURN

A physician who knows your story

Every year your results are read against all your previous years. One clear line of how you are ageing, and what to do next.



We will not promise you a number of years. No one honestly can. We promise to measure you every year, explain what changed and help you act on it.

YOUR WEEK

Six nights, *every year.*

DAY 1	**Arrive**	Boat or short flight from Semarang. Your cabin, the sea, a quiet first evening.
DAY 2	**Measure**	Fasting blood draw, body composition and strength. Your core panel in one morning.
DAY 3	**Recover**	Sauna, cold plunge, a swim over the reef. Nothing to do but let your body settle.
DAY 4	**Read**	Your physician walks you through your results, line by line, next to your previous years.
DAY 5	**Practise**	Strength with your coach, cooking with your dietitian, a sleep routine to take home.
DAY 6	**Plan**	Three to five changes for the year ahead, agreed with your team and written down.
DAY 7	**Leave**	You fly home with a plan. Your dietitian and coach keep going with you online.





WHY IT WORKS

Live longer. *Live better.*

Knowing the basics is easy. Keeping them for thirty years is the hard part. That is what the membership is built for.

+14 *years*

Women who kept five basic habits after fifty lived about fourteen years longer than women who kept none. Men, about twelve.

Li et al., Circulation, 2018 · 123,219 people

+9.4 *years*

People who scored high on cardiologists' eight measures after fifty lived up to 9.4 more years free of heart disease, diabetes, cancer and dementia.

UK Biobank, JAMA Internal Medicine, 2023 · 135,199 people

58% *fewer cases*

Coaching on food and movement cut new cases of diabetes by 58% in people at risk, almost twice as much as medication.

Diabetes Prevention Program, NEJM, 2002 · 3,234 people

Every *year*

Large reviews find that a single check-up does not make people live longer. What works is acting on the results, year after year.

Cochrane review, 2019 · 251,891 people

Observational studies and trials of large groups. They describe averages, not a guarantee for any one person.

Thirty-one markers. *One line over thirty years.*

A core panel every year, deeper tests on the schedule your body needs. Your physician sets the schedule and can test any marker sooner.

HEART

ApoB — YEARLY
The number of particles that carry cholesterol into artery walls. A strong single marker of heart risk.

Lp(a) — ONCE
Mostly genetic. Measured once or twice to know your inherited heart risk.

LDL cholesterol — YEARLY
The classic cholesterol number, read together with ApoB.

HDL cholesterol — YEARLY
Often called good cholesterol. Useful in context, not on its own.

Triglycerides — YEARLY
Fats in the blood. Very sensitive to sugar, alcohol and sleep.

Blood pressure — YEARLY
The quiet driver of heart, brain and kidney ageing.

Homocysteine — 2–3 YRS
Related to B vitamins and to heart and brain health.

METABOLISM

HbA1c — YEARLY
Your average blood sugar over about three months.

Fasting glucose — YEARLY
Blood sugar after a night without food.

Fasting insulin — YEARLY
Shows insulin resistance years before glucose rises.

Uric acid — YEARLY
Linked to blood pressure, gout and metabolic health.

hs-CRP — YEARLY
Low-grade inflammation in the body.



HORMONES

TSH — YEARLY
The main signal of how your thyroid is working.

Free T3 — 2–3 YRS
The active thyroid hormone, read with TSH.

Cortisol — 2–3 YRS
The stress hormone. Rhythm matters more than one value.

Testosterone — 2–3 YRS
Strength, energy and mood, in men and women.

Estradiol — 2–3 YRS
Bone, heart and brain health, in women and men.

ORGANS AND BLOOD

eGFR — YEARLY
How well your kidneys filter.

ALT — YEARLY
A liver enzyme. Rises early with fatty liver.

GGT — YEARLY
A liver marker that reacts to alcohol and stress on the liver.

Ferritin — YEARLY
Your iron stores. Too low or too high both matter.

NUTRIENTS

Vitamin D — YEARLY
Bone, muscle and immune health. Often low, even in the sun.

Vitamin B12 — 2–3 YRS
Nerves, energy and blood. Often low with age.

Omega-3 index — 2–3 YRS
How much omega-3 is in your cell membranes.

Magnesium — 2–3 YRS
Involved in sleep, muscles and hundreds of reactions.

BODY AND RECOVERY

VO2 max — 2–3 YRS
How much oxygen your body can use. One of the strongest predictors of a long life.

Grip strength — YEARLY
A simple test of overall strength and future independence.

Body composition (DEXA) — 2 YRS
Muscle, fat and bone, measured precisely.

Visceral fat — 2 YRS
The fat around your organs, the kind that matters most.

Bone density — 2 YRS
Your fracture risk later in life.

Heart rate variability — YEARLY
How well you recover. Rises with good sleep and fitness.

Indicative panel. The protocol may change as science moves.



THE ISLAND · 5°50′ S · 110°25′ E

Karimunjawa.
The Maldives of Indonesia.

A marine national park of twenty-seven islands off Central Java. White sand, coral, clear water, and almost none of the crowds. Our own land on the west coast of Kemujan holds the cabins, the clinic, the recovery deck and the kitchen garden.

Fly to Semarang through Singapore, Kuala Lumpur or Jakarta. Two hours by car to Jepara, then about two hours by fast boat. We arrange the transfers and meet you at the harbour.

€3,500

Once. For two people.
Thirty years, renewable.

VAT included. Nothing is charged until you sign your membership terms.

Longevity panel
INCLUDED

A core panel every year and up to 31 markers on your physician's schedule

Swiss medical director
INCLUDED

Protocols designed and supervised by our Swiss medical director, part of the team

Dietitian and coach
FROM 2027

Personal, online, all year

Six nights, for two
EVERY YEAR

A private cabin for up to two people, facing the sea

Recovery
INCLUDED

Sauna, cold plunge, red light, movement deck, sleep support

Yours to pass on

It can be left to your children, or anyone you name, within the thirty years.

Transferable

To another member from your country, at the price you paid, when there is an interested buyer.

A year away

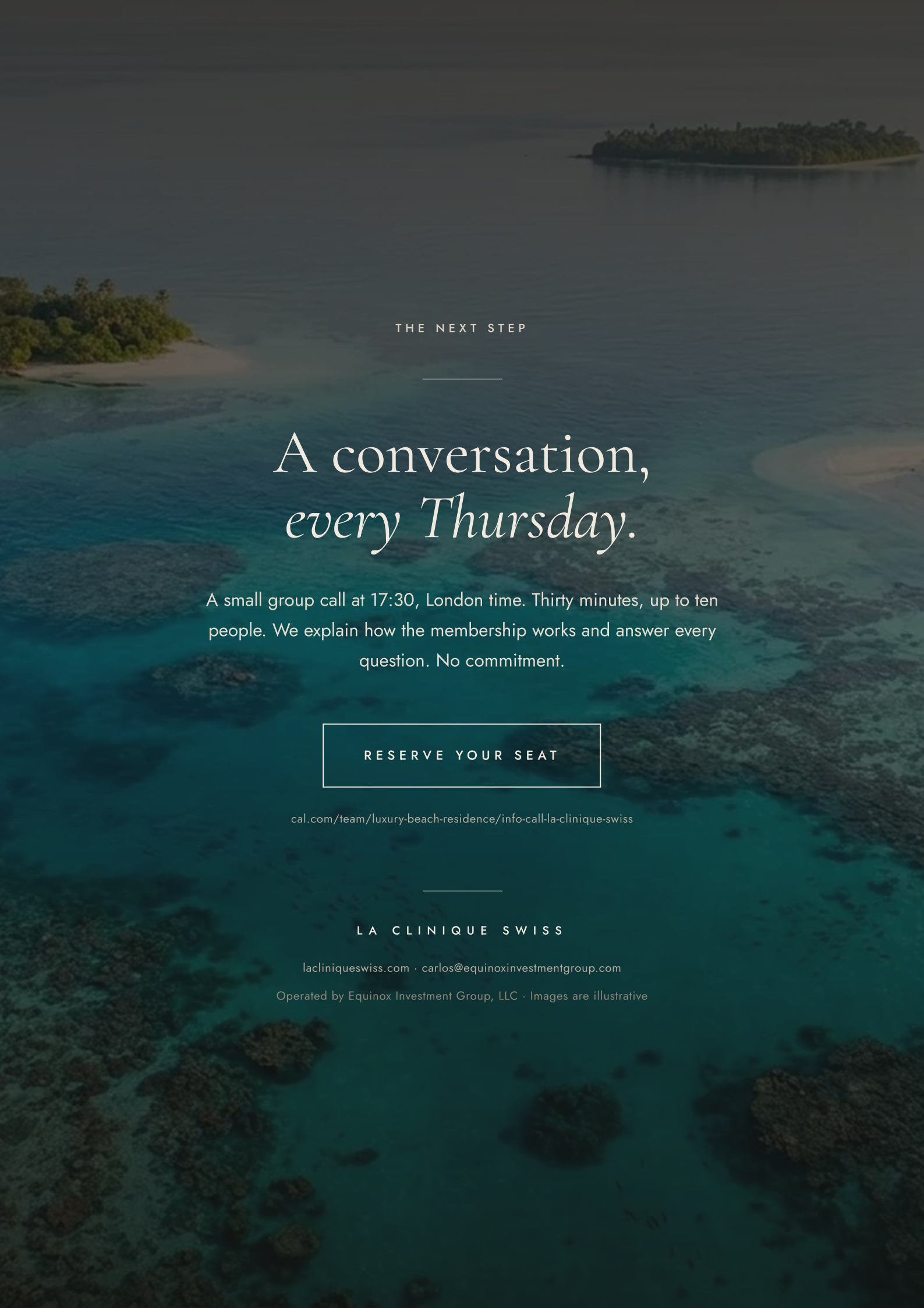
If you cannot come one year, nothing is due. You return the following year.

GOOD TO KNOW

Clear terms, *read at your own pace.*

WHEN YOU STAY	A housekeeping fee of €150 per stay covers cleaning, fresh linen and the turnover of your cabin. Only on the years you come.
NOT INCLUDED	Flights, travel insurance, personal extras, and optional treatments beyond your annual programme, offered at member prices.
YOUR GUEST	Your cabin is for up to two people. The medical programme is for the member; your guest can add their own at member prices.
WITHDRAWAL	Consumers in the EU and the UK have fourteen days after signing to withdraw, and nothing is charged during that period.
AFTER 30 YEARS	Renew for a further period with a renewal fee, or pass it on to someone you choose.
MORE PLACES	Residences in Europe and Latin America are planned and not yet built. As each opens, members can spend nights there, subject to availability and to the membership terms.
HEALTH DATA	Used only for your care and your plan. Never sold, and shared only with your consent.

The membership is not an investment and does not promise any return. La Clinique Swiss does not guarantee specific medical outcomes; health services are delivered under qualified medical supervision. The binding terms are the written membership terms you sign.



THE NEXT STEP

A conversation, *every Thursday.*

A small group call at 17:30, London time. Thirty minutes, up to ten people. We explain how the membership works and answer every question. No commitment.

RESERVE YOUR SEAT

cal.com/team/luxury-beach-residence/info-call-la-clinique-swiss

LA CLINIQUE SWISS

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