

AN EXCLUSIVE EXPERIENCE

Happy Longevity RETREAT

The art of regenerating energy — in the heart of the Swiss Alps

**Because true luxury is feeling profoundly better —
in your body, in your mind, in your life.**

Far more than a spa stay. *A real transformation.*

You leave not only rested, but transformed. A personalised wellness assessment from the moment you arrive shapes every day around you — your needs, your energy, your pace. And the support continues long after your departure.

■ Renewed Energy

Lasting vitality, better recovery, physical and mental lightness

◆ 100% Personalised

Precise wellness assessment, a bespoke journey tailored to your unique profile

■ Lasting Transformation

6-week post-stay support programme to anchor your new lifestyle habits

■ Science & Nature

Cutting-edge technologies, nutrition and holistic care in harmony

YOUR JOURNEY

5 days of deep regeneration

<h1>01</h1> <h3>Welcome & Assessment</h3> <p>Full wellness assessment, personalised protocol and first care session</p>	<h1>02</h1> <h3>Physical Energy</h3> <p>Light & infrared, bespoke nutrition, Spa treatments and recovery</p>	<h1>03</h1> <h3>Balance & Recentring</h3> <p>Body & mind, stress management, integration time and relaxation</p>	<h1>04</h1> <h3>Optimisation & Longevity</h3> <p>Advanced treatments, longevity workshop, Spa care and recommendations</p>	<h1>05</h1> <h3>Integration & Continuity</h3> <p>Final assessment, plan, personalised advice, post-stay guidance 6-week follow-up</p>
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Also available as a 3-day retreat.

WHAT MAKES THIS RETREAT UNIQUE

A precision wellness assessment. *Treatments that change everything.*



THE 5 PILLARS OF YOUR TRANSFORMATION

Wellness Assessment 1  <p>Minerals, vitamins, oxidative stress and cardiovascular health assessed in minutes</p>	Functional Balance 2  <p>Deep relaxation session to optimise sleep, mental energy and wellbeing</p>	Bio-Resonance 3  <p>Bioenergetic reading to refine your personalised care and priorities</p>	PhotoBio Modulation 4  <p>Light & infrared therapy for cellular regeneration, recovery and vitality</p>	Happy Longevity 5  <p>Movement, nutrition, stress management, light and recovery — a lasting art of living</p>
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WHAT YOU TAKE HOME WITH YOU

- **Renewed Energy**
You leave with greater stability and vitality, a body that breathes freely.
- **Inner Clarity**
The mind settles, stress dissolves — you rediscover your centre.
- **Personalised Keys**
You understand your unique profile and know exactly how to take care of yourself.
- **A Lasting Memory**
Far more than a stay — an experience that marks, transforms and endures.

In a world that never slows down, give yourself the luxury of pausing, listening to yourself — and leaving profoundly renewed.

Ready to live the experience?

Available for individuals, couples or private mini-groups.

Let's meet to design together your signature retreat, perfectly tailored to your stay at La Cordée des Alpes.

Spa by La Cordée des Alpes

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In partnership with Beyond Happy · Creating Happiness