

MOST
VANT-GARDE
CLINIC

NEW

LONHEA VILLARS-SUR-OLLON, SWITZERLAND

IN BRIEF Hi-tech overhaul for those who take it seriously

THE LOWDOWN Somewhere new and fully charged; somewhere so scientific you wear a heart monitor for the duration of your stay; somewhere with such commitment to your health that it offers fortnightly follow-up sessions online for four months: this is unprecedented. With a maximum of just nine guests at a time, Lonhea is all about ultra-focused, one-on-one care, which is why guests include those with Parkinson's disease, those on the brink of a breakdown, those dealing with sleep issues, addiction, weight-related problems and relentless stress. You don't come here for a facial or for plastic surgery: this is about maintaining your health for the long-haul. The simple, streamlined Alpine clinic aims to counterbalance the effects of a frown-line-inducing lifestyle with up to eight hours of exercise a day, gut-friendly food cooked by Portuguese chef Pedro Alexandre, and a crack team of stellar therapists. Head honcho Dr Michel Golay, a former professional footballer and athletic chiropractor, has based his programme around the two-brain model, which has been advocated by the Chinese for centuries. The theory is that the body has two brains: the digestive and, inside your head, the encephalic or reptilian. The digestive brain needs nutrients to produce energy and protect the second brain, which is the coordinator of all essential functions. So, we need to eat well, exercise and take probiotics to help keep the gut healthy (guests with conditions such as IBS and arthritis see vast improvements). On arrival, you'll have extensive blood tests followed by a thorough four hours of cardio and NeuroCom