

THE AGE ERASER

Lonhea Alpine Clinic, Villars-sur-Ollon, Switzerland, lonhea.com

NEW YEAR'S RESOLUTION: Get more fresh air and sleep through the night.

HOUSE SPECIALTY: The four-hour health analysis when you arrive and the four-month monitoring after you leave.

THE COMMITMENT: Lonhea, which is nestled in Villars-sur-Ollon in the Swiss Alps, an hour and a half east of Geneva,

is a place with a point of view. Its philosophy is all about promoting longevity through a method called salutogenesis, a preventive program of exercise, nutrition, and sleep that includes things like idyllic mountain walks that take you past grazing cows, Heidi-style, and a complete medical workup. Nine visitors at a time shack up in cozy chalets, and each gets a customized eight-hour reinvigorating day plan that can include yoga, Cowshed massages, infrared saunas, Jacuzzi soaks, and protein-rich foods such as kefir Bircher and cheese from a local dairy. (A well-earned glass of red wine is allowed with dinner.)

