

and nigella seeds; wild salmon with asparagus and broccoli; finely diced strawberries topped with Alpine flowers. All delicious and all spread across plates in a cunning low-rise to trick your brain (which really can come across as depressingly dim) into thinking you're eating a vast amount. A cookbook looms, surely.

It's day five and I am back in Dr Flot's office, eager for the genetic and blood-test results. It's like being back at school waiting for my report. My LDL, or bad-cholesterol reading, is high. Probably, says Dr Flot, leafing through her notes from our first session, as a result of the coconut oil I have assiduously cooked with since it became touted as the best thing ever. 'Canola oil is better for frying,' she says firmly. 'Coconut oil is good for the skin and the hair, but it is a saturated fat and ingestion should be minimal.'

My vitamin D level is 20. Dreadful. The optimum level is 75. Low ranges of vitamin D is often associated with cancer, MS, dementia and every other disease you'd rather not

think about. Excitingly, though, that can be rectified by a single injection, administered right here today in my bottom, which will give me an adequate amount for three months. At least as a vegetarian (of only two years' standing, but you can't encounter the YouTube film about abattoirs, *Glass Walls*, without instantly changing the habits of a lifetime) I'm doing surprisingly well with vitamin B12, found mostly in meat. 'Marmite? I do not know what this Marmite is,' says Dr Flot. 'But keep it up!'

What an instructive time this is. I haven't lost the usual 5lb after a week of detoxing. Just 2lb, but as we all know, and Dr Flot patiently repeats, simply eating well and not snacking sorts your weight out. But it's the hi-tech element at Clinique La Prairie that is so valuable. I'm truly shocked at some of my results, but deeply grateful to now know what's going on inside. It is in equal parts transfixing and terrifying to read about yourself, your actual flesh-and-blood-and-bone self, and discover, for instance, you have a genetic predisposition not to tolerate certain chemotherapy

drugs. But what a precious blueprint for life this is. It's probably no exaggeration to say the information you learn could be life-saving. Life-changing, for sure. And when you think of the savings to the NHS – which in 2015 dispensed more than a billion prescriptions, double the number in 1995, at a cost of almost £10 billion – that could be made if more people knew their genetic predisposition to certain diseases, the benefits of such a programme are clear. Maybe this kind of information will soon be available to everyone and not just the super-rich who are able to visit a super-spa. Given how quickly DNA testing has become commercially available, just 14 years after the Human Genome Project declared in April 2003 that it had finally mapped all our genes, the current hefty price of analysis is surely on

course to come down.

In a few years' time the DNA tests CLP is offering could be available at even the smallest of medi-spas. Who knows; perhaps at home.

'Exactly! Medically,

we live in very exciting times. Maybe soon it will be a robot taking a single drop of your blood and telling you everything about yourself,' enthuses the clinic's CEO, Simone Gibertoni. In the meantime, what could be worth more than being given a plan that tells you how to live? Or even how not to die? When that extraordinary, precious, black-and-white, no-questions set of information is presented to you by the wealthiest, most profitable medi-clinic in the world, the clinic that pulls in the best equipment, know-how and medical excellence money can buy, you can feel pretty confident that there's nowhere better to go. **i**

MEDICALLY, WE LIVE IN VERY EXCITING TIMES. SOON IT WILL BE A ROBOT TAKING A SINGLE DROP OF BLOOD AND TELLING US EVERYTHING ABOUT OURSELVES

BOOK IT Healing Holidays (+44 20 7843 3592; healingholidays.co.uk) offers a six-night Master Detox spa programme at Clinique La Prairie from £12,259 per person sharing, full board, including flights, transfers and all inclusions of the plan. Sunday arrivals only. Terms and conditions apply.



What will we be talking about in 2025?

'Cities are growing faster than ever, and to keep pace we will need to need to move beyond global thinking to a truly planetary conceptualisation of our world.'

Name a trailblazer that we should be watching

'Young artist Lina Iris Viktor [known for painting with pure gold]. Her bold pieces touch on science, technology, culture and identity.'

Where are you most excited about visiting?

'I'd love to explore the Southern Cone in South America: Chile, Argentina, Uruguay, all the way down to Patagonia.'

Is there big idea you wish you'd had?

'I don't know that I wish I'd come up with it,

but I think the city is civilisation's greatest creation and most intriguing dilemma.'

What excites you most about the future?

'I'm optimistic that, despite flare-ups, we're continuing towards greater democratisation, and that architecture is creating spaces that encourage engagement between people.'

Sir David Adjaye has partnered with Master & Dynamic to create a unique, wireless concrete speaker (£1,390; masterdynamic.com)