



CHENOT PALACE



HEALTH WELLNESS RETREAT
WEGGIS- SWITZERLAND



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Welcome to the home of preventative and regenerative care

“We don’t treat disease, we treat wellness”



Introducing Chenot Palace Weggis, the new leading health wellness destination of the Chenot brand worldwide. This flagship property is designed and equipped purposely to offer the unique Chenot programmes and treatments that detox, energise and reset body and mind. It also hosts the Chenot Corporate Headquarters, the Research & Development team and the Chenot Training Centre and Academy.

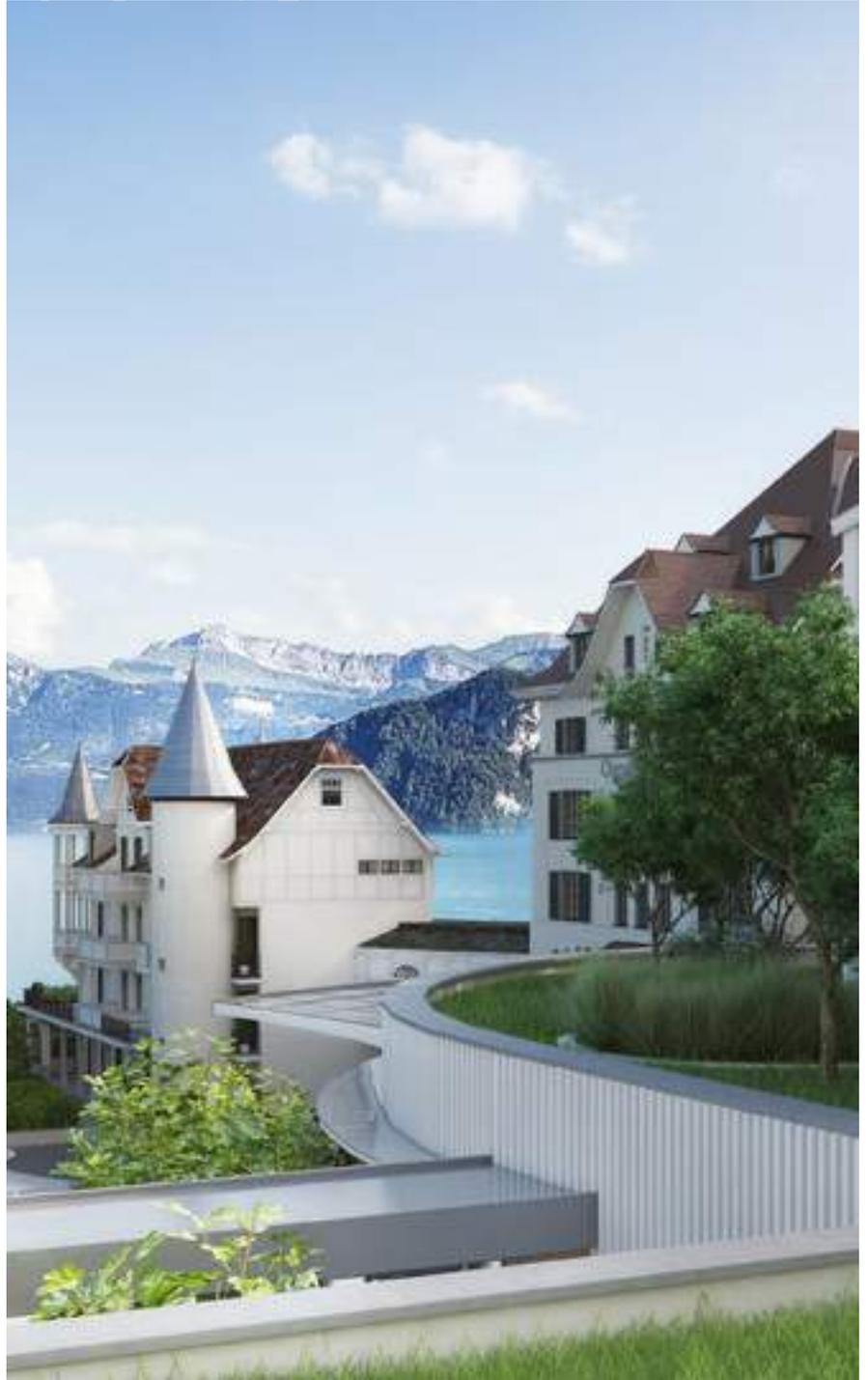
Guests will experience:

- A holistic and personalised medical approach to wellness within a luxurious environment
- Bespoke tailored programmes for detoxing, energising and resetting body and mind
- A medical spa facility of 5000 square metres and 97 luxurious guest rooms fully dedicated to support the programmes, with outstanding professional excellence at all levels, from hospitality to medical care
- State-of-the-art diagnostics and advanced medical screening tests
- The world-renowned Chenot Method® of powerful and effective targeted treatments enabling the body and mind to reach their optimum activity level
- An offer of true wellness value: a sense of profound well-being, feeling genuinely healthy, physically clean and mentally alert



The location

Chenot Palace Weggis is perfectly located in the heart of Switzerland, on the relaxing shores of Lake Lucerne with breathtaking views over the Alps and private access to the beach. The romantic Chenot Palace and the new contemporary building hosting the spa combine contemporary lifestyle, luxury and prestige for the well-travelled and sophisticated visitors.



Henri Chenot

“You need to live in harmony with yourself to be in good health”

Henri Chenot

Catalan by birth but French by adoption, Henri Chenot studied biology and later focused on psychology, Chinese medicine and naturopathy.

Known for his revolutionary approach to preventative healthcare, he opened his first Centre at Cannes Polyclinic in 1974 and began travelling around Europe to illustrate to other scientists his idea of preventative healthcare, stressing that certain lifestyle choices build up toxins that lead to degenerative diseases.

His revolutionary approach to health and wellness led to the development of his concept of Biontology (the science of living) and the prominent Chenot Method® of rebalancing the physiology of the body, which is implemented in all Chenot Centres as the core therapeutic approach.



The Chenot Method®

“For wellness, resilience and enduring health”



The Chenot Method® is a powerful, effective and personalized array of protocols, treatments and diet plans developed by a team of experts in almost fifty years of research and professional experience.

The Chenot Method® activates the body's almost endless ability and power to heal itself, to strengthening its defence mechanism and preventing disease. It renews and rejuvenates the body and mind, for a life full of energy and vitality.

The Chenot Method® combines the principles of traditional Chinese healing with the latest scientific advances in Western medicine. It is unique in its application as it integrates and transmits energetic, physical and emotional signals to the body. The body in turn, responds by building up its own internal medicine and by regaining energy, functional capacity, inner harmony and preserves them over a long period of time.



Programmes

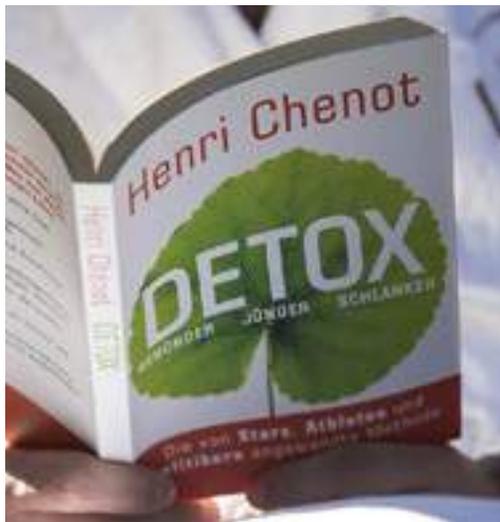
Detox - Energise - Perform

Advanced Detox Programme

“Unleash the self-healing power of your body”

This is the pillar programme of Henri Chenot and it aims to induce a deep purification and detoxification of the body.

It supports the natural processes to excrete metabolic waste and toxins, to repair defective tissues and to restore hormonal balance.



The programme includes:

- medical consultations
- advanced diagnostic tests
- a low-calorie plant-based nutritional plan
- targeted therapeutic treatments

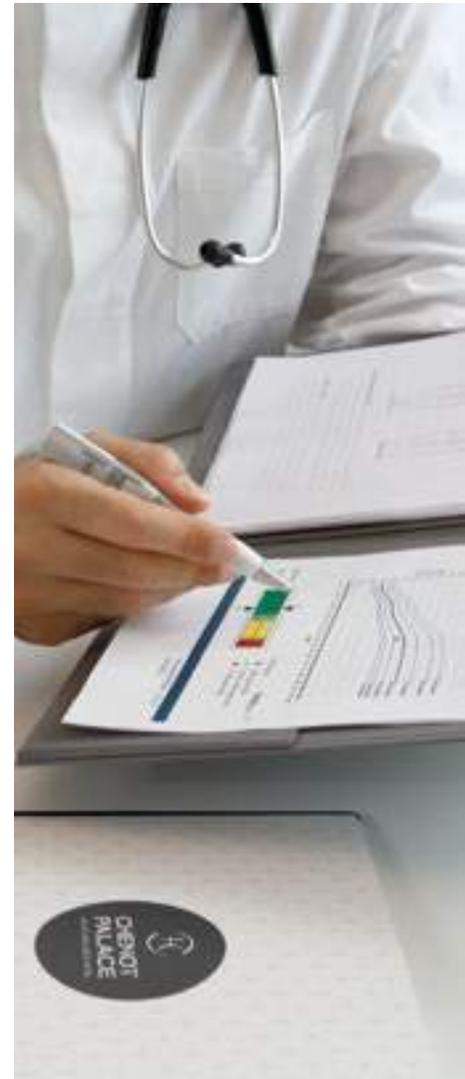
Working in synergy, an effective detoxifying action is achieved.

The treatments and the diet are carried out under strict medical supervision.

The treatments consist of:

- cellular resonance therapies
- particular massage techniques using cupping, electrostimulation and essential oils
- hydro-aromatherapies with plant extracts, salt minerals and variations in water temperature and pressure
- plant-based mud wrapping applications enriched with pure microalgae
- invigorating high-pressure showers

The treatments are built to meet individual needs and are designed for a one-week stay. It is beneficial to everyone, and in particular to those who follow unhealthy habits and a sedentary lifestyle.





Detox - Energise - Perform

Recover and Energise Programme

“Relax your brain, revitalise your body”

This programme aims to reduce stress, recharge the body’s all-natural energy and restore its vitality. Starting from the pillar detox treatments of Henri Chenot, the programme is enriched with specialised clinically-proven and patented neuroscience technology. This technology provides stress relief and energises the deeper structures of the body.

As a result, the body:

- restores its natural rhythms
- reduces chronic stress
- improves restorative sleep and mood
- regains optimal energy levels
- achieves full potential and overall wellness

Our experienced specialists will first conduct deep medical diagnostic tests to enable them an accurate evaluation and optimisation of the treatments.

This one-week programme is beneficial to those who are constantly bombarded by various life-stressors, feeling fatigued from a demanding daily life.

Prevention and Ageing Well Programme

“Self-optimization always begins in the future”

This programme aims to strengthen the body and improve its resilience to lifestyle challenges with a proactive approach and not from the reactive perspective of today’s standards and metrics of “sickness and repair”. The programme is built on the pillar detox treatments of Henri Chenot and thereafter is customised with the addition of clinically-proven treatments that:

- strengthen the body’s internal medicine
- promote healing
- support the tissues and organ systems in the long run

The body has an amazing ability to improve its functionality and performance at any age, mentally and physically, when provided with the right amount and type of healthy signals. By taking a lifestyle evaluation using state-of-the-art diagnostics, specialised medical professionals assess the current potential of the body and optimise the treatments to the needs of the individual.

This one-week programme is ideal to those who want to reset and to start a lifestyle perspective that promotes wellness and ultimately enhances active longevity.

The Chenot Diet

“Translating anti-ageing science into food”



Harnessing research insights into optimal food selection, processing and cooking methods, the Chenot diet plan is designed:

- to support the detoxification processes
- to stimulate metabolic efficiency
- to promote repairing mechanisms
- to protect the body against premature ageing and degenerative lifestyle diseases

The diet restores homeostasis, increases energy levels and enhances well-being. The Chenot diet plan is one of the fundamental components of the Chenot Method® and it is designed on a reduced calorie plan without malnutrition and without compromising taste, flavour and presentation.

There are two different types of menus:

- **Detox**, which is plant based
- **Biolight**, that includes ingredients of animal origin

Both are tailored to individual preferences and needs as assessed by the medical professionals.



Restaurant and Tea Lounge

The dining experience in enchanting interiors

The Chenot diet menus consist of breakfast, lunch and dinner and are served in the elegant restaurant of the hotel. Dress code for breakfast and lunch is bathrobe and for dinner is smart casual.

The essence of wellbeing is further extended into the Tea Lounge which offers a selection of herbal teas and organic green blends, created with the finest of ingredients with proven health benefits.



Giving vitality to life

Integrated and personalised approach

Consistency and connectivity in the experience and service that we offer are the key tenants of the Chenot philosophy. As a guest walks through the door, his whole being is evaluated by our outstanding range of health professionals. In-house advanced screening tests and state-of-the-art diagnostics add to this, to allow the personalisation of the programmes. There is continuous monitoring and synergy between all departments throughout the guest's transformational experience. This bespoke service is fundamental to our success.



The staff is integral to the process to ensure the guests are listened, valued and esteemed during their stay. This is what makes us leader in the industry.

Medical Department

Prevention and Healthy Ageing

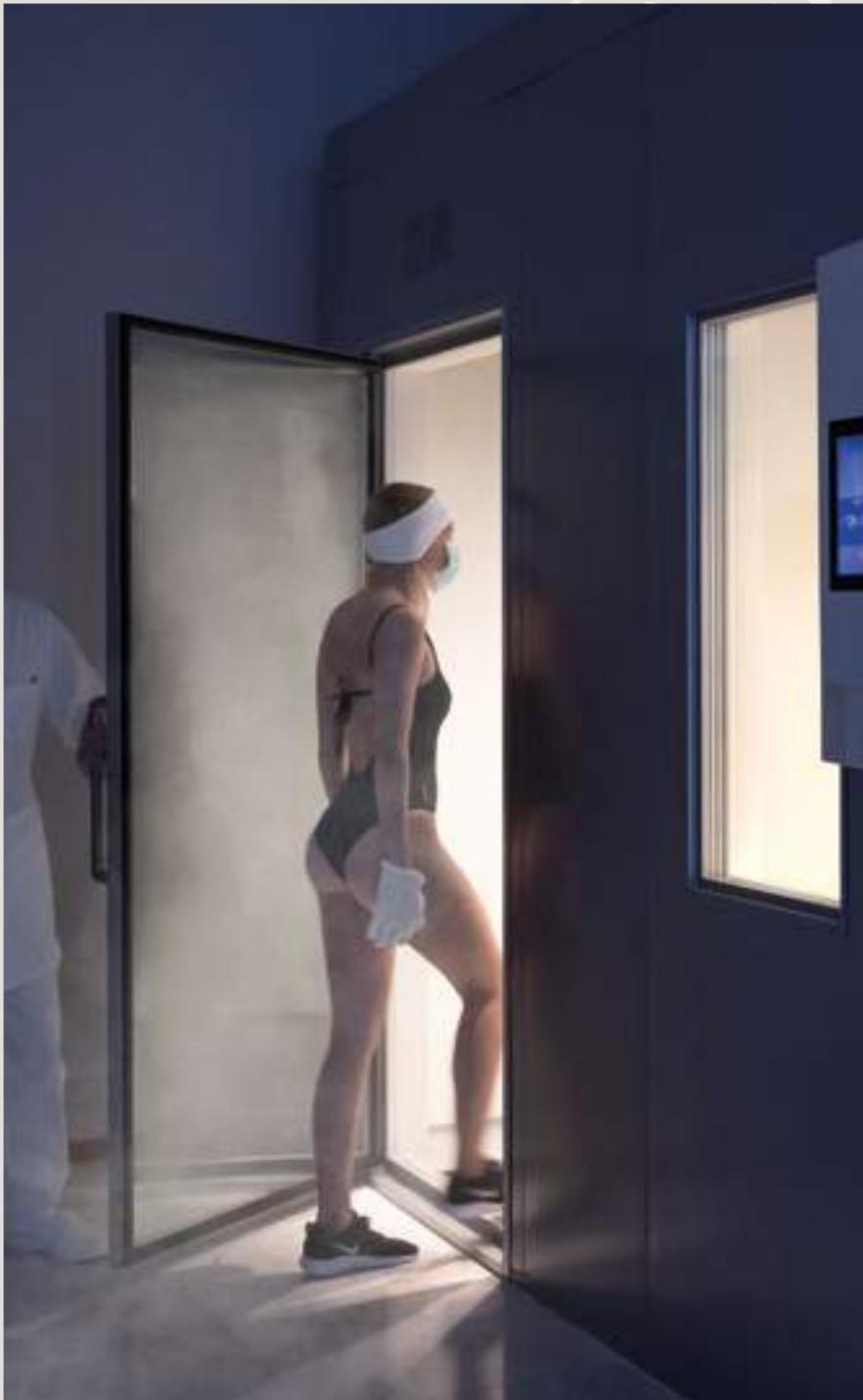
- In-house blood analysis lab
- 2 Diagnostics rooms
- 6 Doctor consultant rooms
- 5 Dietitian rooms
- 4 Intravenous therapy rooms
- 2 Ozono therapy rooms
- 1 Hydrocolon room
- 5 Energetic treatment rooms

Human Performance Department

Performance in the long run

- 1 Metabolic lab
- 1 Body composition analysis room
- 1 Digital infrared room
- 1 Postural analysis room
- 1 Physiotherapy room
- 2 Osteopath rooms
- 1 Bio Photomodulation room
- 1 Altitude room
- 1 Cryo chamber





Hydro-Biontology Department

Drain, detox, revitalise

- 10 hydrotherapy rooms
- 10 phytomud-wrap rooms
- 7 hydro-jet rooms

Aesthetic Biontology Department

Integrated hands-on therapy

- 25 massage rooms for facial and body treatments

Medical Aesthetic Department

Beauty, radiance and self-confidence

- 3 Cosmetic medicine treatment rooms
- 6 Advanced technology treatment rooms

Sport & Fitness Department

Energy and vitality

- State-of-the-art exercise equipment room
- Cardiovascular training area
- Functional training
- Strength area
- Stretching area
- Multi-purpose studio for yoga/pilates/group-exercise classes
- 20 mt indoor pool
- Outdoor activities

Room Overview

Chenot Palace Weggis is a 97-room hotel with the finest in high-rise luxury living



Wooden floors, pastel furniture and wallpaper are especially designed in accordance with the Chenot philosophy to offer blissful moments of relaxation and regeneration.

- Flat screen TV
- Free Wi-Fi
- Marble bathroom floor
- Pillow menu
- Complimentary water delivered daily
- Complimentary Chenot cosmetic products
- Butler service upon request





SINGLE

Garden or mountain view

Our warmly decorated Single Classic and Single Deluxe rooms offer luxurious comfort integrated with a welcoming and elegant interior.

- Between 21 and 43 sqm
- Queen or king size beds (160 x 200 cm or 180 x 200 cm)
- Located in the romantic old building, these rooms differ in layout and size
- Some have a balcony



DOUBLE

Lake view, some with additional mountain/garden view

Our spacious and comfortably furnished Double Classic and Double Deluxe rooms are located in the romantic old building and in the new wooden building. All rooms feature stunning views over the Swiss Alps and the glittering Lake Lucerne.

Large window fronts, balconies and terraces invite you to enjoy unspoiled nature at your doorstep. Our Double Deluxe rooms also offer a sofa within the sitting area.

- Between 29 and 54 sqm
- King size or super king size beds (180 x 200 cm or 200 x 200 cm)
- The rooms located in the romantic old building differ in layout and size
- Twin option is also available





JUNIOR SUITE

Lake or mountain view

Classic Junior Suites and Deluxe Junior Suites are comfortably designed. Their different styles and layouts contribute to an unparalleled stay experience.

A spacious sitting area, walk-in closet, bathtub and shower, large window fronts and magnificent views maximise the comfort. Most rooms feature a balcony or terrace.

- Between 47 and 108 sqm
- Super king size bed (200 x 200 cm)
- Walk-in closet



SUITE

Lake view

A high level of modernity and large dimensions: these are our Classic and Deluxe Suites.

A separate living room, bathtub and shower, as well as large terraces secluded from your neighbors, maximise comfort and privacy.

- Between 56 and 72 sqm
- Separate living room
- Super king size bed (200 x 200 cm)





INNOVATION

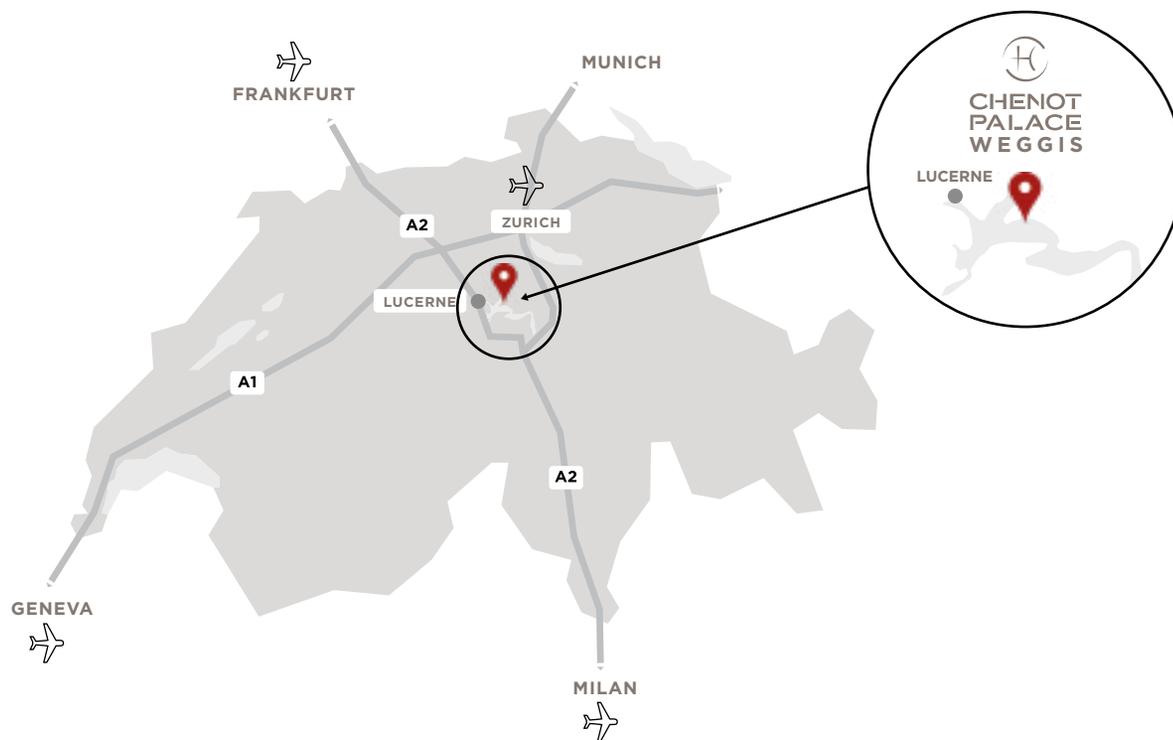
CHENOT SLEEPING ROOMS

Sleep is self-healing

Acoustics, light and bed linen technologies have been scientifically interwoven with interior design and architecture to create a natural sleeping environment that provides a truly restful sleep.

The Chenot sleeping rooms are optimised to scientific research findings with the intention to provide a longer time in deep sleep and to reduce the number of wake-up reactions during the night. We have created a Chenot room identity in which the acoustics offer a natural auditory sleep environment as well as natural sounds and light from nature at wake up.

The bed linen are made of materials that get activated during sleep from body heat and recycle this energy back into the body to promote a restful sleep and enhance recovery and performance.



By car:

From Lucerne: 30 min.	From Zurich: 45 min.
From Frankfurt: 5 h.	From Munich: 4 h.
From Geneva: 3.30 h.	From Milan: 3 h.



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