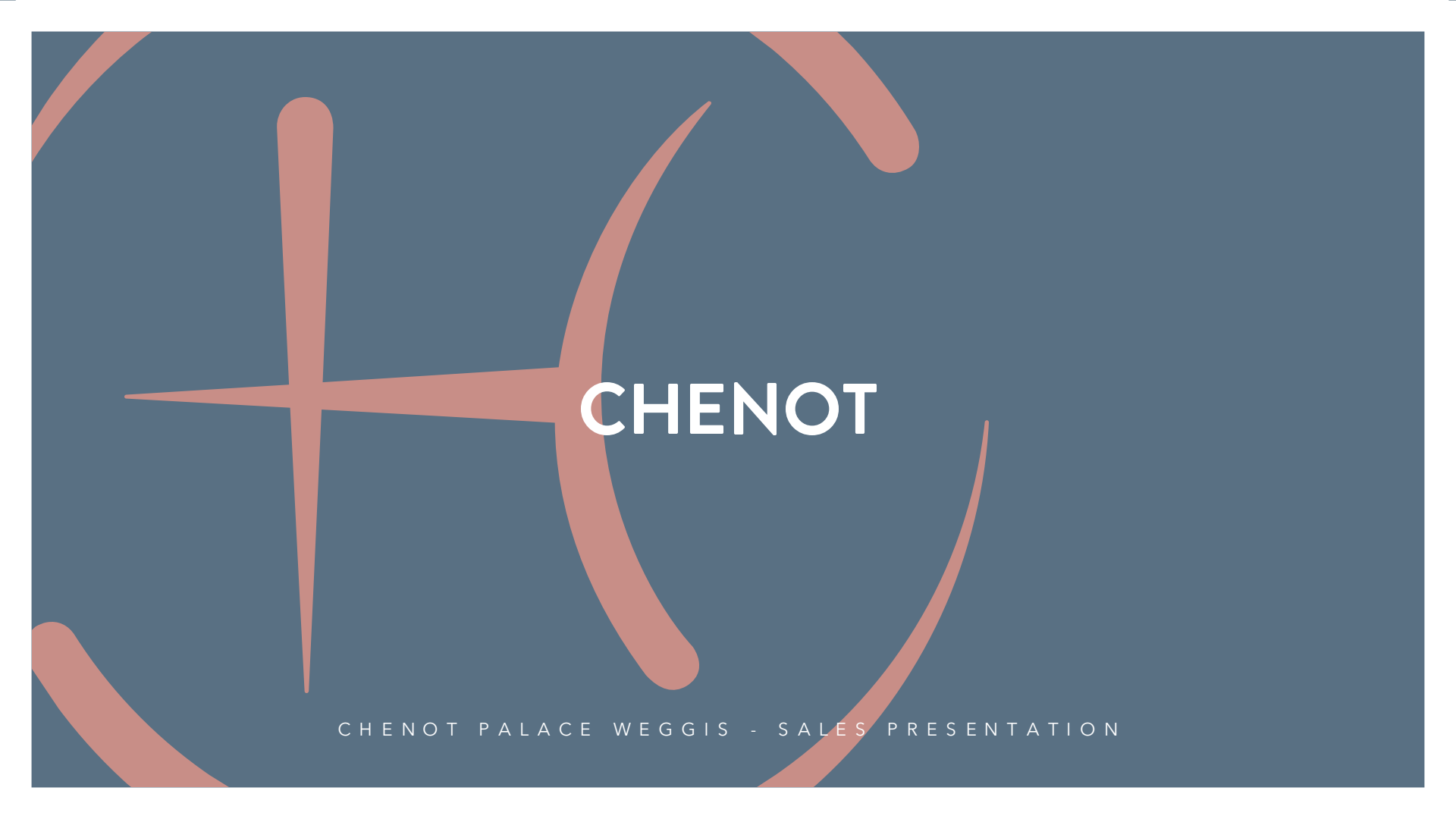




CHENOT

CHENOT PALACE WEGGIS - SALES PRESENTATION





WHERE IS CHENOT PALACE WEGGIS?



AIRPORT DISTANCE:

ZÜRICH - 55 MINUTES

BASEL - 1H 45 MINUTES

GENEVA - 3 HOURS

POINTS OF INTEREST:

LUCERNE - 30 MINUTES

ZÜRICH - 45 MINUTES

BERN - 1H 45 MINUTES

LUGANO - 2H 30 MINUTES

THE CHENOT METHOD®

THE CHENOT METHOD®

1. DIAGNOSTIC TESTING & PERSONAL CONSULTATION



2. THE CHENOT DIET®



4. ENERGETIC MASSAGE



3. HYDROTHERAPY & PHYTOTHERAPY



5. TRADITIONAL CHINESE MEDICINE





DIAGNOSTIC TESTING & PERSONAL CONSULTATION

The start.

Guests undergo medical and nutritional testing.

Our nutritional, medical and performance experts build a picture of the body through a series of lifestyle biomarkers, guiding the guest in identifying the lifestyle changes they can make when they leave Chenot to enhance their healthspan.

The in-depth consultations enable Chenot doctors to create a personalised treatment plan for each guest over the course of the week.

THE CHENOT DIET®

Created by a team of talented chefs and nutritional scientists the Chenot Diet® is Informed by decades of ongoing research and designed to support the body's natural detoxification processes provoking a metabolic and hormonal reset without compromising the pleasure of taste.

Completely plant-based and devoid of caffeine, the Chenot Diet® is a fasting-mimicking diet (FMD) that delivers 850 calories across three meals a day, for a period of seven days, activating the body's fasting mode whilst providing sufficient nourishment.





HYDROTHERAPY & PHYTOTHERAPY

Hydro-aromatherapy uses essential oils and variations of water temperature and pressure to cause capillaries to dilate and constrict.

This stimulates spontaneous cell regeneration and the removal of toxins from the body's largest organ: the skin, visibly improving appearance and circulation.

Phytotherapy involves spreading green clay enriched with minerals, microalgae and essential oils over the body.

This infusion further drains toxins and revitalises the body. Finally, the mud is washed off with a high-pressure power jet which stimulates circulation and boosts metabolism.

ENERGETIC MASSAGE

Energetic Massage is a combination of detoxification and energetic medicine.

Using suction cups, it stimulates the lymphatic system, activating the vagus nerve and the parasympathetic nervous state to clear toxins from the body while relieving and clearing energy flow, improving circulation and reenergising the body.

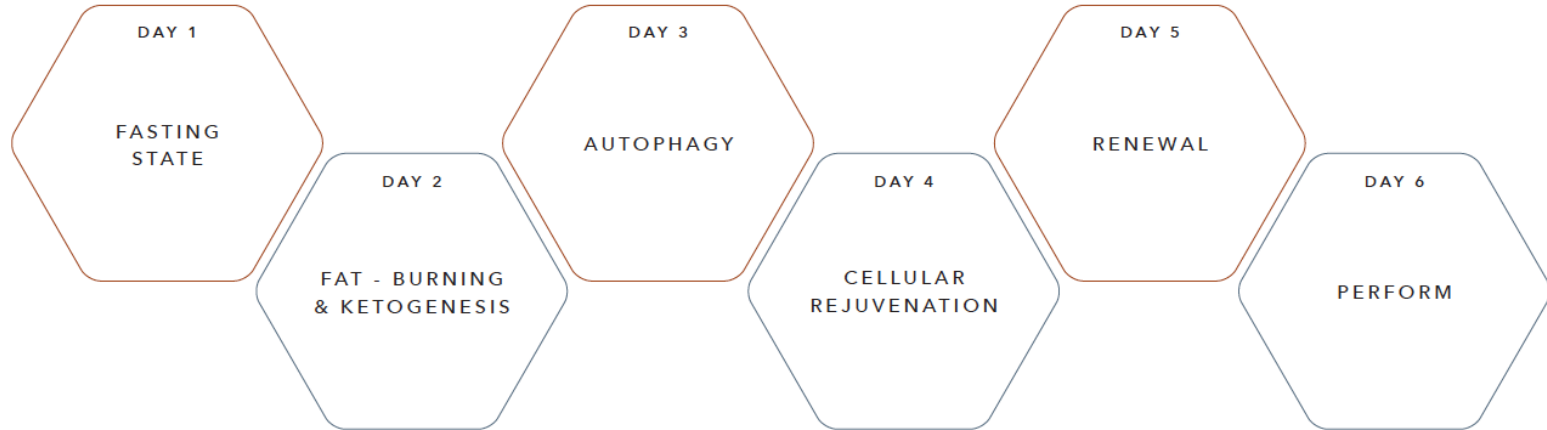




TRADITIONAL CHINESE MEDICINE

Traditional Chinese healing rebalances energy levels, known as Qi, promoting recovery and harnessing the body's natural healing properties through vibration.

OUR PROGRAMMES





ADVANCED DETOX

Our signature Chenot programme aims to include a deep purification and detoxification of the body to eliminate toxins, increase vitality, reset energy levels, and rebalance its physiology.



RECOVER & ENERGISE

Alongside the foundational detoxifying treatments of the Advanced Detox, the Recover & Energise programme is enriched with specialised clinically-proven and patented technologies and treatments, providing profound stress relief and energising the deeper structures of the body.



SLEEP CYCLES MODULE

Fine-tune your sleep and promote your body's natural ability to recover. Building on the extraordinary power of our Recover & Energise programme, the Sleep Cycles module features specifically timed treatments, respecting your chronotype, to train your body and mind toward natural circadian rhythmicity.



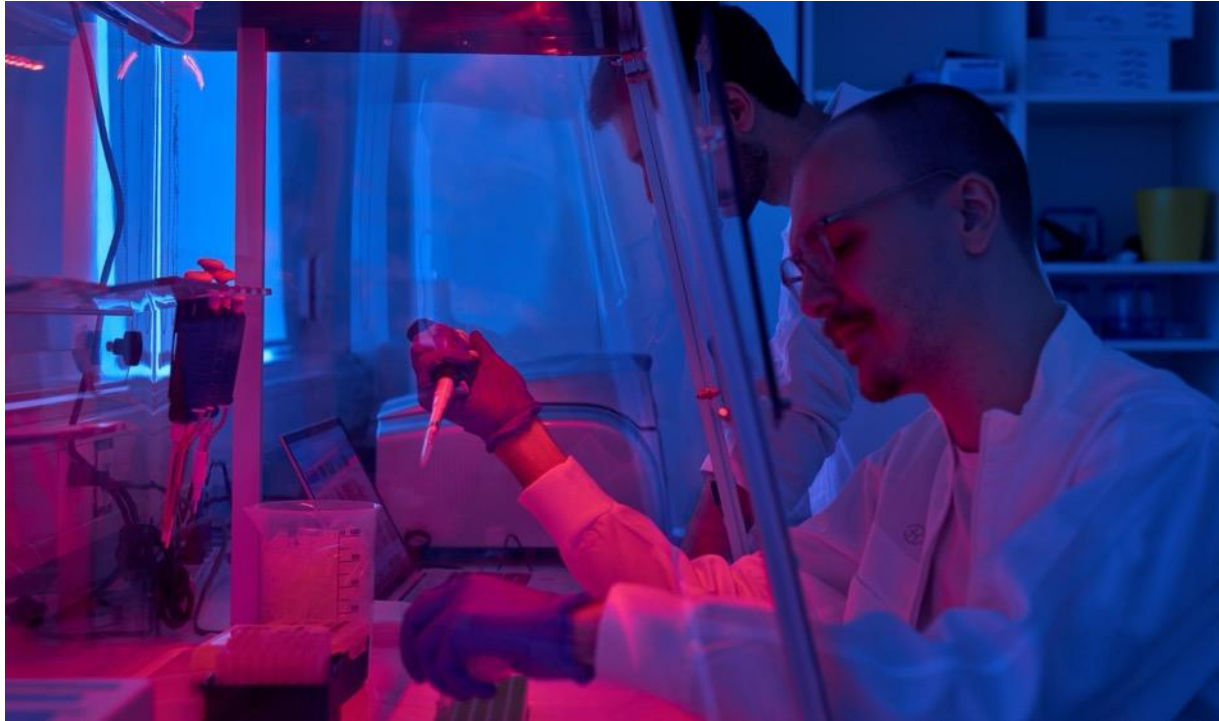
PREVENTION & AGEING WELL

Our most intense health span enhancing programme combines our signature detox with high-impact repair and rejuvenation for those who wish to delay the onset of biological ageing.

WEEKLY ACTIVITIES

Sun 09.02	Mon 10.02	Tue 11.02	Wed 12.02	Thu 13.02	Fri 14.02	Sat 15.02
08:00-08:30	08:00-08:30	08:00-08:50	08:00-08:30	08:00-08:50	09:00-09:30	10:00-10:30
Stretching	Stretching	Yoga	Stretching	Yoga	Stretching	Stretching
Yoga Studio	Yoga Studio	Yoga Studio	Yoga Studio	Yoga Studio	Yoga Studio	Yoga Studio
18:00-19:00	18:00-19:00	18:00-19:00	16:00-17:30		18:00-19:00	
LECTURE: CAFFEINE: FRIEND OR FOE? UNPACKING THE SCIENCE, BENEFITS, AND RISKS Conference Room	LECTURE: THE IMPORTANCE OF OUR BIOLOGICAL CLOCK, SLEEP QUALITY, AND QUALITY OF LIFE Conference Room	LECTURE: INTERMITTENT FASTING Conference Room	Cooking Class: 150CHF per person* Kitchen Area		LECTURE/ WORKSHOP: EMOTIONAL VIBRANT HEALTH Conference Room	
	18:45-19:45					
	Meet & Greet Apero Library					

C H E N O T M O L E C U L A R L A B



C H E N O T M O L E C U L A R L A B
F O R O P T I M A L L I V I N G ®

The Chenot Molecular Lab for Optimal Living is a revolutionary new approach designed to combat premature ageing at the molecular level. It utilises ground-breaking epigenetic technology to analyse gene activity, determine biological ageing status and prescribe a personalised treatment plan to optimise wellbeing and health.

“Our genes define our potential and limitations. We determine their performance”
– Dr. George Gaitanos (Chief Scientific & Operating Officer at Chenot Group)

CHENOT PALACE WEGGIS.

WHERE HISTORY MEETS MODERN DESIGN

NEXT GENERATION HEALTH WELLNESS RETREAT

The Chenot Method® is practiced in its purest form at Chenot Palace Weggis, our flagship Health Wellness Retreat in Switzerland.

Located at the foot of the Swiss Alps and directly on Lake Lucerne, the Chenot Palace in Weggis has 95 rooms and suites, a restaurant and a tea lounge.



SPA & MEDICAL

Guided by over 50 years of scientific studies, our approach at Chenot Palace Weggis combines a 5,000 sqm state-of-the-art medical SPA, unique advanced diagnostics, powerful personalised treatments, and detoxification techniques with the highest levels of superlative hospitality.



POOL & GYM

As part of a chosen programme, guests have access to personal training sessions, state-of-the-art fitness centre, cardiovascular training area, strength area, stretching area, multi-purpose studio for Yoga and a 20-metre indoor pool.





A C C O M M O D A T I O N

ROOM CATEGORIES :

SUPERIOR ROOM

Single occupancy room with additional space and lake views.

SUITE

Maximum space with generous living area and large secluded terraces.

TRADITIONAL INTERIOR DESIGN



LE
PETIT
CHATEAU



ROOM CATEGORIES :

NEST ROOM

A single occupancy room with a calm, neutral design to promote relaxation.

SUPERIOR ROOM

Single occupancy room with additional space and lake views.

EXECUTIVE ROOM

Spacious and charming single rooms all with individual design and unique features.

CLASSIC ROOM

Stunning views of Swiss alps, private balcony or terrace.

DELUXE ROOM

Large sitting room, private balcony or terrace, stunning views over Lake Lucerne.

TRADITIONAL INTERIOR DESIGN

LA
PREMIÈRE
MAISON



R O O M C A T E G O R I E S :

E X E C U T I V E R O O M

Spacious and charming single rooms all with individual design and unique features.

C L A S S I C R O O M

Stunning views of Swiss alps, private balcony or terrace.

D E L U X E R O O M

Large sitting room, private balcony or terrace, stunning views over Lake Lucerne.

S U I T E S

Maximum space with generous living area and large secluded terraces.

C O N T E M P O R A R Y I N T E R I O R D E S I G N



L A
G R A N D E
M A I S O N



R O O M C A T E G O R I E S :

J U N I O R S U I T E

Unique spacious design, walk in closets, balconies with magnificent views over Lake Lucerne.

S U I T E

Maximum space with generous living area and large secluded terraces.

C O N T E M P O R A R Y I N T E R I O R D E S I G N



L A
P E T I T E
M A I S O N



The background is a solid, muted reddish-brown color. Overlaid on this are several abstract, hand-drawn style shapes in a light teal color. These include a large, thin, four-pointed star-like shape on the left, a thick curved line resembling a comma or a large 'C' in the center, and several other curved segments in the corners. The text 'THANK YOU' is centered horizontally in the middle of the image.

THANK YOU