CHENOT

PALACE

WEGGIS
SWITZERLAND

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

Henri Chenot

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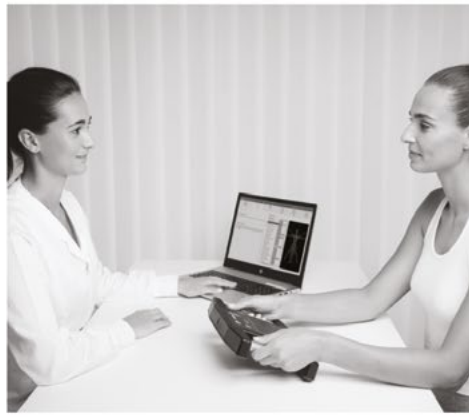


Welcome to Chenot Palace

Unlock your potential and increase your physical and mental performance

Nestled on the pristine shores of Lake Lucerne in the historical village of Weggis, facing the majestic Mount Rigi and Pilatus, lies the Chenot Palace, our new flagship Health Wellness Retreat.

Designed to make you feel good, to put you at ease and to allow you to enter into intimacy with your being, our Palace is your home-away-from-home. There is a physical feeling of belonging, our metabolism merges with that of the surrounding nature and transmits harmony. It creates a world of healthy emotions, chosen to influence positive and constructive moods. It is a place where you can nurture your body, soul and mind. It embraces the philosophy of Henri Chenot which promotes an ideal healthy life, both physically and mentally.

In the heart of Chenot Palace lies our state-of-the-art medical spa. You will find yourself in a harmonious environment that stimulates the senses to develop your wellbeing, and to take advantage of this moment in life to dedicate entirely to yourself.

This modern facility, offers an integrated approach that will reset your physical and mental performance, based on 50 years of experience, robust scientific evidence and professionalism are combined to create personalised treatment protocols, known as the Chenot Method®.

Our Palace, with its beautifully designed suites and rooms, private terraces, living rooms and lakeside front, combined with the medical spa, is the ideal setting in which to take on a unique journey of mind and body reset in luxurious art-de-vivre environment.

Your Journey to Wellness

A complete mind and body reset

We are all living longer, so we should make it our mission to maintain a fully active lifestyle while reducing the risk of ill-health and associated age-related chronic diseases. We should invest in our physical and mental health from the earliest possible point in our lifetime.

Our constant commitment, in Chenot, is to help your body to reset, to recover and to reach its optimum both physically and mentally. We will also guide you on how to assess, prioritise and integrate the right lifestyle choices for you and how to convert them into beneficial outcomes for your wellbeing. It is a commitment that we aim to fulfil with pride, professional care, and team spirit.

Our approach is integrative and personalised. From the moment you walk through the door, your whole-self is evaluated by our specialist health -professional team. We ensure that you feel listened, valued and esteemed throughout your stay. In-house advanced screening tests and state-of-the-art diagnostics will assess the impact of your lifestyle on your body and allow the personalisation of your programme and follow up recommendations.

There is continuous monitoring, connectivity and synergy between all your treatments and diet plans. Our team or professionals plays an integral part to each step of the process. From Chenot's medical professionals to our culinary brigade, we have put together a team with the finest talents who work in perfect synergy ensuring that even a short stay in our Palace is a regenerating journey.

We strongly believe that our fully integrated approach, our powerful treatments, recommendations and guidance from our expert scientific team of doctors, nutritionists and health coaches, combined with your positive attitude towards life and your will power to a healthier lifestyle will ultimately support you to optimise your performance at any age.

Founders of the Chenot Group

Henri Chenot The Founding Father of the Wellness Movement

It all started 50 years ago and evolved around the vision and passion of Henri Chenot and his methods for disease prevention and health promotion, through detox treatments and lifestyle interventions.

An advocate of prevention rather than cure, Henri Chenot as early as the 1970's emphasised the importance of caring for and investing in our health and wellness from the earliest possible age. Chenot was early to see that we are in optimum health when our body, mind and spirit work in harmony and transmit a deep sense of peace and happiness. When this harmony breaks or is lacking, our body accumulates damage faster than it should, toxins build up and our health deteriorates.

Henri Chenot integrated health into wellness with a meaning of energy, efficiency, performance and vitality. He combined the latest scientific advances in Western medicine and diagnostics, with the best in Chinese healing and alternative medicines to create his revolutionary approach to promote wellness. This led to the development of the Chenot Method® of resetting the physiology of the body, that is now implemented in Chenot Palace as the core therapeutic approach.

Dominique Chenot

Co-Founder of the Chenot Group, Dominique is the wife of Henri Chenot. Considered the 'Soul of the Brand', Dominique is passionate about health, wellness and nutrition, and she lives her life rooted in the philosophy and following the principles of Chenot.

Acclaimed author of recipe book, Buono bello e sano, Dominique has cotributed into the creation of menus, inspired by only the finest and carefully selected ingredients and spices from all over the world.

THE CHENOT METHOD®

The Chenot Method®

The Theory

We do not treat disease instead, we promote wellness with preventative and health promoting actions. We act in a proactive way and not just from the repair point of view. We have a holistic vision of the body and thus we adopt a multidisciplinary approach to our method of work.

With nearly 50 years of research, the Chenot Method® is the scientific and practical framework of our work over the course of our programmes. The success of our method, lies in the research-driven approach to the diagnostics and to the way treatments are carefully inter-woven, seamlessly layered and thoughtfully connected. Synergy and connection are the key tenants of our concept.

The Chenot Method® looks with scientific accuracy at an important array of biomarkers within the body. These are known as the Chenot Lifestyle Biomarkers® and allow the personalisation of your treatment plan. They also assess what is impacting your ageing process from your lifestyle and they also determine your Vitality Index.

The Vitality Index is our monitoring and marker system. It measures your vitality status. Think of it as your sophisticated wellness score.

Over the course of your programme, we then deliver a set of bespoke treatments and diet plans. These work in synergy to stimulate the body to eliminate toxins, increase vitality, energy levels, and to rebalance its physiology.

The Chenot Method® enhances and upgrades your vitality at any stage of life.

The Chenot Method®

The Application

The Chenot Method® is unique in its application in that, it integrates and transmits energetic, physical and emotional signals to the body.

The activation of the energy channels, the stimulation of targeted physiological functions, the detoxification techniques, along with the Chenot Diet® and the Chenot products, are all combined to act as positive stressors to trigger preventative, repairing and rejuvenating actions.

The body, in turn, responds by building up its own internal medicine and regains energy, functional capacity and inner harmony and preserves these benefits over a long period of time.

The personalised treatments are powerful, effective and adjusted throughout the programme by the health professionals, to help the body and mind reach their optimum activity level.

The strength of the Chenot Method® lies in the way that it supports the natural healing mechanisms of the body and makes this process more efficient.

As a result, you will feel genuinely healthy, physically clean and mentally alert.

THE CHENOT DIET

The Chenot Diet

Food is not just fuel. It can be a therapy.

The Chenot Diet is one of the integral components of the Chenot Method®.

It is an intervention in your programme which is specially formulated to support the self-healing mechanisms of the body, cleanse the body at a cellular level, facilitate metabolic balance, restore the biorhythm, harmonise the hormones, equilibrate the gut flora and create fresh energy and new cells, that keeps us biologically young.

It has been carefully designed to work in synergy with the medical treatments. It consists of a reduced-calorie plant-based diet specially formulated to activate the body's fasting mechanisms whilst providing sufficient nourishment to the cells.

The Chenot Diet

We have incorporated a significant amount of scientific research into the formulated diet; from the selection, processing and cooking techniques of the foods, to creating unique recipes that combine the right balance of proteins, good fats and low glycaemic index carbohydrates. Fresh, wholesome, non-processed and organic ingredients with anti-inflammatory, anti-oxidant, anti-glycating and alkaline properties.

Last but not least, we do not forget that the act of eating is a particular emotional moment in our lives and we have integrated the importance of enjoying meals and stimulating all the senses. Our “fast with food” approach, has been elaborated to bring a satisfying culinary experience crafted on a restricted caloric intake without compromising taste, flavour, and presentation.

We pay particular attention in making this moment a fulfilling and relaxing one in our elegant dining room, offering a breath-taking view of Lake Lucerne and the Alps.

Image: The Restaurant

Our Programmes

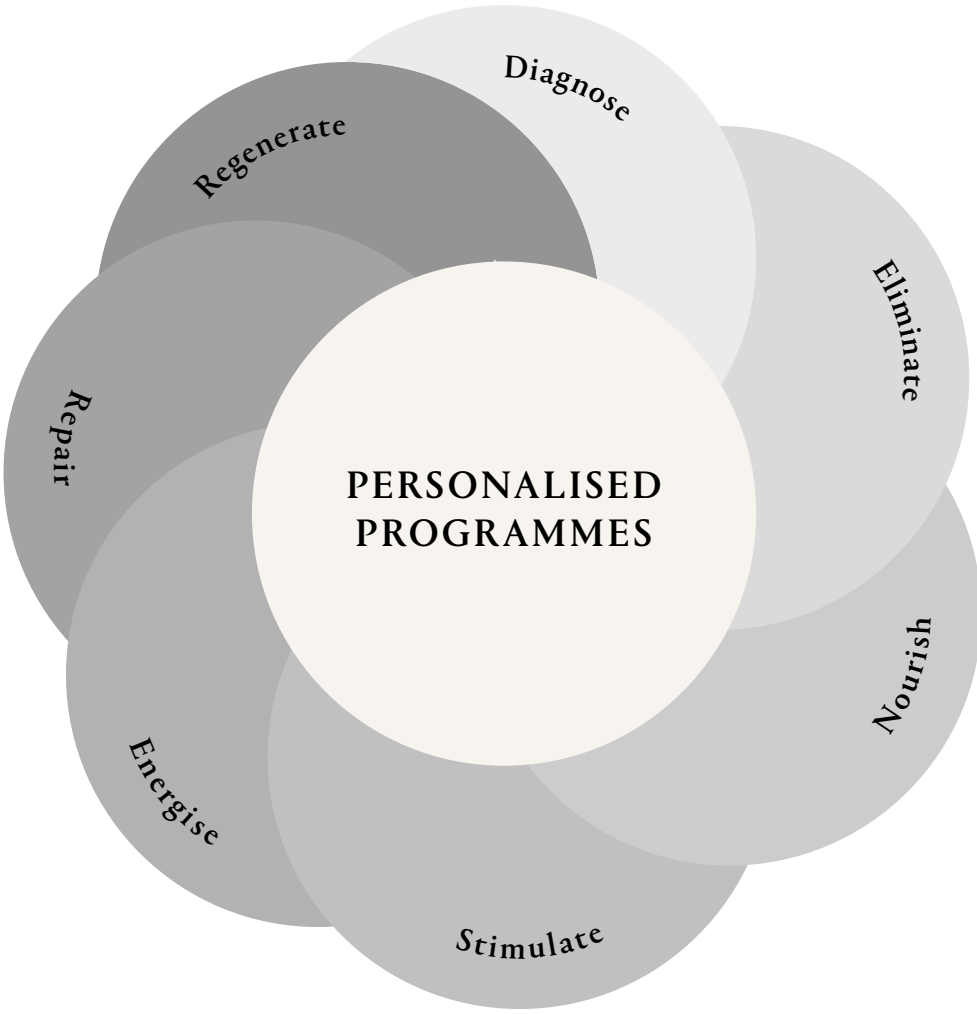
Detox. Energise. Perform.

Over the years, we have developed a selection of programmes, based on the insights achieved in our quest of providing you with the best means to invest in health and promote your wellness and a new enduring quality of life.

Our programmes have an integrated approach that combines classical and complimentary medicine. Each programme is personalised to you and has been designed to help you achieve the best possible results. It includes diagnostic tests, medical consultations, individualised treatment and diet plans that deep-cleanse, rejuvenate and reset the body and mind.

All our programmes are based on the Chenot Method® signature treatments and protocols and are conducted during a minimum of one week stay.

Our bespoke programmes have touched lives all over the world and we are proud by the high rate of our loyal clients that return to Chenot every year. We are committed to help people recover their lost balance, to reset and reach their optimum vitality, physically and mentally.


Diagnose
Eliminate
Nourish
Stimulate
Energise
Repair
Regenerate
PERSONALISED PROGRAMMES

Chenot Programmes

Advanced Detox
7 Nights / 6 Days

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 and 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, special massage techniques using cupping, electrostimulation and essential oils, hydro-aromatherapies with plant extracts, salt minerals and variations in water temperature and pressure as well as plant-based mud wrapping applications enriched with pure microalgae and invigorating high-pressure showers. The treatments are built to meet individual needs and are designed for a one-week stay.

The Programme Benefits:
It is beneficial to everyone and in particular, to those who follow unhealthy habits and a sedentary lifestyle.

Chenot Programmes

The Advanced Detox Programme includes:

- 2 Medical Consultations
- 2 Nutritional Consultations
- Detoxifying Diet
- Diagnostics with Chenot Lifestyle Biomarkers®
    - Arterial Stiffness Assessment
    - Minerals and Heavy Metals Intoxication Analysis
    - Measurement of Advanced Glycation End Products AGEs
    - Skin Collagen Thickness Assessment
- 1 Body Composition Analysis
- 1 Bio-Energetic Check-up
- 2 Chenot Bio-Energetic Treatments
- 6 Chenot Energetic Massages
- 6 Hydro-Aromatherapy Treatments
- 6 Phyto-Mud Treatments
- 6 Hydro-Jet Treatments

Recommended Supplementary Treatments:

- Extensive Menu of Laboratory Diagnostic Tests
- Manual Therapy
- Hydro-Colon Treatment

Chenot Programmes

Recover & Energise 7 Nights / 6 Days

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 and achieves full potential and overall wellness. Our experienced specialists will first conduct deep medical diagnostic tests tfor an accurate evaluation and optimisation of the treatments.

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

Chenot Programmes

The Recover & Energise Programme includes:

- 2 Medical Consultations
- 2 Nutritional Consultations
- Detoxifying Diet
- Diagnostics with Chenot Lifestyle Biomarkers®
    - Arterial Stiffness Assessment
    - Minerals and Heavy Metals Intoxication Analysis
    - Measurement of Advanced Glycation End Products AGEs
    - Skin Collagen Thickness Assessment
- 1 Body Composition Analysis
- 1 Stress Test
- 1 Digital Infrared Thermal Imaging
- 1 Bio-Energetic Check-up
- 2 Chenot Bio-Energetic Treatments
- 6 Chenot Energetic Massages
- 6 Hydro-Aromatherapy Treatments
- 6 Phyto-Mud Treatments
- 6 Hydro-Jet Treatments
- 6 Whole-Body Photobiomodulation Treatments
- 6 Neuro-Acoustic Deep Relaxation Treatments
- 6 HRV Biofeedback Self Training

Recommended Supplementary Treatments:

- Extensive Menu of Laboratory Diagnostic Tests
- High-Tone Power Treatment
- Neurac Treatment
- Whole-Body Cryotherapy

Chenot Programmes

Prevention & Ageing Well 7 Nights / 6 Days

SELF-OPTIMISATION BEGINS BY ACTING TODAY TO PRESERVE TOMORROW

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 detox pillar of Henri Chenot and is customised with the addition of clinically-proven treatments that strengthen the body's internal medicine, promote healing and 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.

Chenot Programmes

The Prevention & Ageing Well Programme includes:

- 2 Medical Consultations
- 2 Nutritional Consultations
- Detoxifying Diet
- Diagnostics with Chenot Lifestyle Biomarkers®
    - Arterial Stiffness Assessment
    - Minerals and Heavy Metals Intoxication Analysis
    - Measurement of Advanced Glycation End Products AGEs
    - Skin Collagen Thickness Assessment
- 1 Body Composition Analysis
- 1 Cardiorespiratory Fitness Assessment
- 1 Postural and Movement Assessment
- 1 Digital Infrared Thermal Imaging
- 1 Bio-Energetic Check-up
- 2 Chenot Bio-Energetic Treatments
- 6 Chenot Energetic Massages
- 6 Hydro-Aromatherapy Treatments
- 6 Phyto-Mud Treatments
- 6 Hydro-Jet Treatments
- 2 Neurac Treatments
- 1 Manual Therapy
- 3 Hypoxic Treatments in Altitude Room
- 6 Whole-Body Cryotherapy Treatments
- 3 Personal Training Sessions

Recommended Supplementary Treatments:

- Extensive Menu of Laboratory Diagnostic Tests

Our Departments

Tailored treatments and a team of world-class professionals all work in synergy in our interconnected departments to lead you to attain and maintain a state of wellness and functionality in your life in the years to come.

- Medical Department
- Human Performance Department
- Hydrotherapy Department
- Aesthetic Department
- Medical Aesthetic Department
- Sports & Fitness Department

Image: Spa Reception

Medical Department

Integrated personal approach

Our medical team will welcome you with a friendly and nurturing hospitality and will accompany you throughout your programme. This consists of highly qualified international doctors with specialties in internal medicine, cardiology, sport medicine, energetic medicine, as well as experienced specialists in nutrition, osteopathy, physical therapy, and fitness.

With a science-based approach, the in-house advanced diagnostic tests are carried out to assess the impact of your lifestyle to your body, to personalise your programme and unlock your potential to reset.

There is continuous monitoring by our medical professionals, who adjust the treatments to your progress. At the end of your stay, key parameters are re-evaluated, and you will also be given advice on how to introduce lifestyle changes that will promote your physical and mental wellbeing.

Image: Medical Consultation

Image: Arterial Stiffness Assessment

M 24 - 32 cm
9,5 - 12,5 inch

Medical Department

DIAGNOSTICS

Medical Consultation

A medical doctor will review your current health status and medical history, will discuss together your needs and goals, and will prescribe you with all the necessary treatments to detoxify your body and promote your health and wellbeing. At the end of the programme, our expert team of doctors will provide you with all the required lifestyle recommendations that will improve your wellbeing.

Nutritional Consultation

Based on anthropometric, metabolic and diet related data, a dietician determines your nutritional status and conducts an in-depth analysis of your daily diet needs. The purpose is to highlight any nutritional deficiencies in your diet and to help restore your overall health and wellbeing.

Bio-Energetic Check-up

This diagnosis involves a hi-tech bio-energetic screening of the body's vital functions through Resonance Analysis Technology. It provides information about the energetic state of the internal organs and body functions in relation to defined parameters of health. Gaining insight and information into the guest's needs, an effective personalised treatment plan is prescribed to restore the energy balance of the body.

All treatments and diagnostics are prescribed and supervised by medical professionals.

Medical Department

DIAGNOSTICS

Laboratory Diagnostic Tests

A complete series of blood, urine and saliva tests and analysis are available, focusing in particular in inflammatory biomarkers, allergies, neurotransmitters, hormones, vitamins, free radicals, minerals and heavy metals. Specialists evaluate the results and treatments are given when required.

Food Intolerance Tests

These tests are designed to detect food intolerances that can cause inflammation of the bowel and numerous other problems throughout the body. People with chronic health problems, indigestion and flatulence, weight and skin problems might well benefit from testing as shifting to a new diet plan may solve the problem.

Medical Department

DIAGNOSTICS

Oxidative Stress Assessment

This innovative diagnostic test measures the level of biological oxidation in the body against the efficacy of its own antioxidant defence systems to balance the presence of oxidised toxic compounds. When this balance is upset, a condition known as oxidative stress, cellular damage and the ageing process can be greatly accelerated. The test offers optimising antioxidant treatment, monitoring its efficacy and just as importantly, avoiding the damaging effects of antioxidant misuse.

Arterial Stiffness Assessment

This is a non-invasive test that provides an accurate and user independent method for measuring arterial function and assessing vascular ageing. This is achieved through measurements of the stiffness of the arteries, central blood pressure and pulse wave reflection returning from the arteries to the heart. The test is as simple as a blood pressure measurement and allows for individual treatments.

Measurement of Advanced Glycation End Products (AGEs)

Highly technological diagnostic test measures the tissue accumulation of advanced glycation end products in the tissues in real time. These products play a key role in the development of age-related chronic diseases. Protein glycation is a widely acknowledged factor in ageing. It affects blood vessels, vital organs, alters skin quality and is responsible for sunspots, cataracts, etc. The detection of increased AGEs enables to prescribe appropriate treatments and lifestyle modifications including a diet plan.

Medical Department

DIAGNOSTICS

Minerals and Heavy Metals Analysis

This revolutionary non-invasive method is used to detect the bioavailability of trace elements and heavy metals that exist within the tissues in real time. Re-mineralisation treatments and chelation procedures are implemented to detoxify the body.

Skin Collagen Thickness Assessment

This is a high-sensitive ultrasound method which measures the quality and quantity of the thickness of the skin and connective tissue. It provides information about the actual age of the skin but also reflects the overall condition of connective tissue which is essential for the body's integrity. These results allow for targeted medical, medical aesthetic and cosmetic treatments.

Image: Energetic Check-Up

Medical Department

TREATMENTS

Chenot Bio-Energetic Treatment

This treatment consists of personalised bioenergetic signals administered to the body to assist the restoration of its energetic balance. It also offers a non-invasive cellular stimulation that promotes rejuvenation cellular processes.

Hydro-Colon Treatment

This treatment consists of irrigating the large intestine (colonic irrigation) to flush out impurities and toxins from the colon, to boost the energy levels and enhance the immune system.

Image: Chenot Bio-Energetic Treatment

Human Performance Department

Performance in the long run

To invest in health as we age is a very important aspect in any prevention strategy but, it is also equally important to enhance our performance and to restore our functionality to the greatest extent possible, if we are to obtain the optimal health in any age, with an active, complete and satisfying social life.

Reduced physical activity, overweight, increased stress, lack of sleep, lack of energy and early onset fatigue are some of the most common symptoms many of us experience in our daily life that affects our wellbeing and reduces our vitality.

Through the results of our state-of-the-art diagnostics performed, our medical team will fully tailor your programme that suits your needs. This will help you and guide you on how to follow a routine at home that works for you and to which you can adhere to, in order to maximise your potential and add life and vitality to the years to come.

Image: Postural & Movement Assessment

Image: Cardio Respiratory Fitness Assessment

Human Performance Department

DIAGNOSTICS

Cardiorespiratory Fitness Assessment

This is an exercise test with sophisticated equipment that analyses breath by breath how well the heart, arteries, veins and lungs are able to work together to transport oxygen to the muscles. The results of this test provide useful information about the physiological response of the individual to exercise, identify the possible risk factors associated with the health status and provide the base upon which a personalised fitness training programme is prescribed to improve health, fitness level and weight loss.

Spirometry Test

This test assesses your lung health by measuring how much air you can inhale and exhale, as well as how powerfully you can exhale. This can also help to identify the presence of airway obstructions. Lung function typically decreases with age due to physical inactivity and a reduction in elasticity of the rib cage.

Stress Test (HRV Analysis) with HRV Biofeedback Self-Training

This is a unique test that provides a lot of information about how the body reacts to different causes of stress, mental and emotional loads. The test examines how the heart is continuously adjusted by the autonomic nervous system to meet the demands (stressors) of daily life. In a way, it reveals the relationship between lifestyle and wellbeing and It helps to identify the steps towards a healthier, fitter and more productive life.

HRV Biofeedback Self-Training

A biofeedback training which strengthens the parasympathetic nervous system. This brings calmness and relaxation into the body and boosts health and vitality strongly.

All treatments and diagnostics are prescribed and supervised by medical professionals.

Human Performance Department

DIAGNOSTICS

Resting Metabolic Rate Assessment

The test accurately and instantaneously measures the body's energy requirements at rest. It identifies metabolism substrate utilisation, allowing improved nutrition and evaluation of nutrition therapies, dietary plans and weight management.

Digital Infrared Thermal Imaging

Medical DITI is a non-invasive, radiation free diagnostic technique that allows the examiner to visualise and quantify the subjective feeling of a number of health conditions and soft tissue physical injuries through a graphical display of changes of the skin surface temperature. This visual image graphically maps the body temperature and the spectrum of colours indicates an increase or decrease in the amount of infrared radiation being emitted from the body`s surface. Since there is a high degree of thermal symmetry in the normal body, subtle abnormal temperature asymmetry's can be easily identified. This visual image has important applications in the pathology of the vascular, muscular, neural and skeletal systems and as such can contribute to the pathogenesis and diagnosis made by the doctor.

Postural and Movement Assessment

This test assesses the curvatures of the spine, the mobility of the joints, the balance and strength of the body, as well as the weak links in the muscle chains. In time, all these factors can lead to altered activity of the entire locomotive system and if left untreated as we age, it can lead to postural deformity, loss of physical performance, reduced active life and pain.

Human Performance Department

DIAGNOSTICS

Strength and Balance Assessment

These tests assess maximum muscular forces, symmetry, strength endurance and balance skills with high precision measuring systems. Lean muscle mass naturally diminishes with age and strength training is a key component to preserve and enhance muscle mass at any age with important applications in a person's functional ability.

Human Performance Department

TREATMENTS

Neurac Treatment

This is an effective treatment method for musculoskeletal pain and neuromuscular dysfunction. It consists of functional therapeutic exercises in suspension slings with the aim to improve physical functioning and restore pain free movement patterns. Weaknesses and imbalances between muscles are corrected. Often immediate pain relief and /or improved function can be achieved. The treatment challenges the interplay between muscles and is focusing on what is causing the problem – not only the symptoms.

Manual Therapy

This is a holistic treatment which consists of physical manipulations, stretching and massage in order to increase the mobility of joints, relieve the muscle tension and pain, enhance the blood supply to tissues and help the body to heal.

Physiotherapy Treatment

A certified physiotherapist offers comprehensive solutions to injury concerns and muscular pain using a combination of techniques and devices.

Intermittent Hypo/ Hyperoxy Exposure Treatment

This treatment involves short intervals of breathing of reduced oxygen concentration levels through a mask, interspersed with intervals of inhaling ambient air. The cumulative physiological adaptations associated with this type of training, improve metabolism, provide superior enzymatic anti-oxidative defence, positively influence immunological status and promote the overall health and wellness.

Image: Neurac Treatment

Human Performance Department

TREATMENTS

Whole-body Photo-biomodulation Treatment

This treatment involves the application of specific light wavelengths using light emitting diodes in order to deliver energy into the cells and thus promote cellular metabolism, blood flow and wound healing; significantly lower the levels of stress hormones; relieve pain and inflammation; and strengthen skin health. It is also beneficial in the management of mood and sleep related disorders and fastens recovery from jetlag. The non-invasive nature of the treatment allows for local or whole-body application from head to toe.

HiTone Power Treatment

This treatment introduces energy into the body to vitalise the body and increase the cell energy potential. It also creates resonances to make the cell structures oscillate to improve metabolic processes and to relieve pain.

Whole-body Cryotherapy Treatment at - 110°C

This treatment is pleasantly refreshing, psychologically enlightening, performance enhancing, pain relieving, skin glowing, recovery and sleep improving. It is a very effective treatment for the reduction of chronic-inflammatory diseases. When indicated by the medical doctor, the whole-body is progressively exposed at -110°C in the cold chamber for a maximum of 3 minutes. This short-lasting physical treatment has a long-lasting effect. It is often combined with other treatments to effectively maximise the wellness benefit.

Anti-Gravity Exercise Training

This equipment acts as both a wellness and rehabilitation tool that unweighs comfortably the person by reducing his body weight in order to achieve a greater metabolic stimulation while reducing the risk of injury. It is used for strengthening and fitness conditioning and brain stimulation in a fall-safe environment. “It is the device to experience youth”.

Human Performance Department

TREATMENTS

Neuro-Acoustic Deep Relaxation Treatment

A neuroscience technology that presents the brain with the chemistry, signalling and patterns that the brain typically interprets as triggers to deep relaxation and recovery. It uses neurochemistry and auditory signals to take the autonomic nervous system out of fight or flight mode and put it into parasympathetic system dominance that brings deep relaxation and calmness into the body.

Intermittent Vacuum Therapy

A treatment that applies negative pressure (vacuum) and positive pressure to the lower extremities. This physiologically causes the rhythmic vascular dilation and compression and naturally provokes a flow in a purely physical way that improves blood circulation and lymphatic reflux.

Hypoxic Exercise Training in an Altitude Room

Exercising in hypoxia in a chamber improves the body's aerobic metabolism allowing for more efficient use of oxygen for energy production, improve endurance, speed, power and fitness levels and optimise metabolism for weight loss.

Body Slim VacuTherm

This treatment uses a treadmill with vacuum technology and allows a fat-burning training programme to target fat reduction and cellulite.

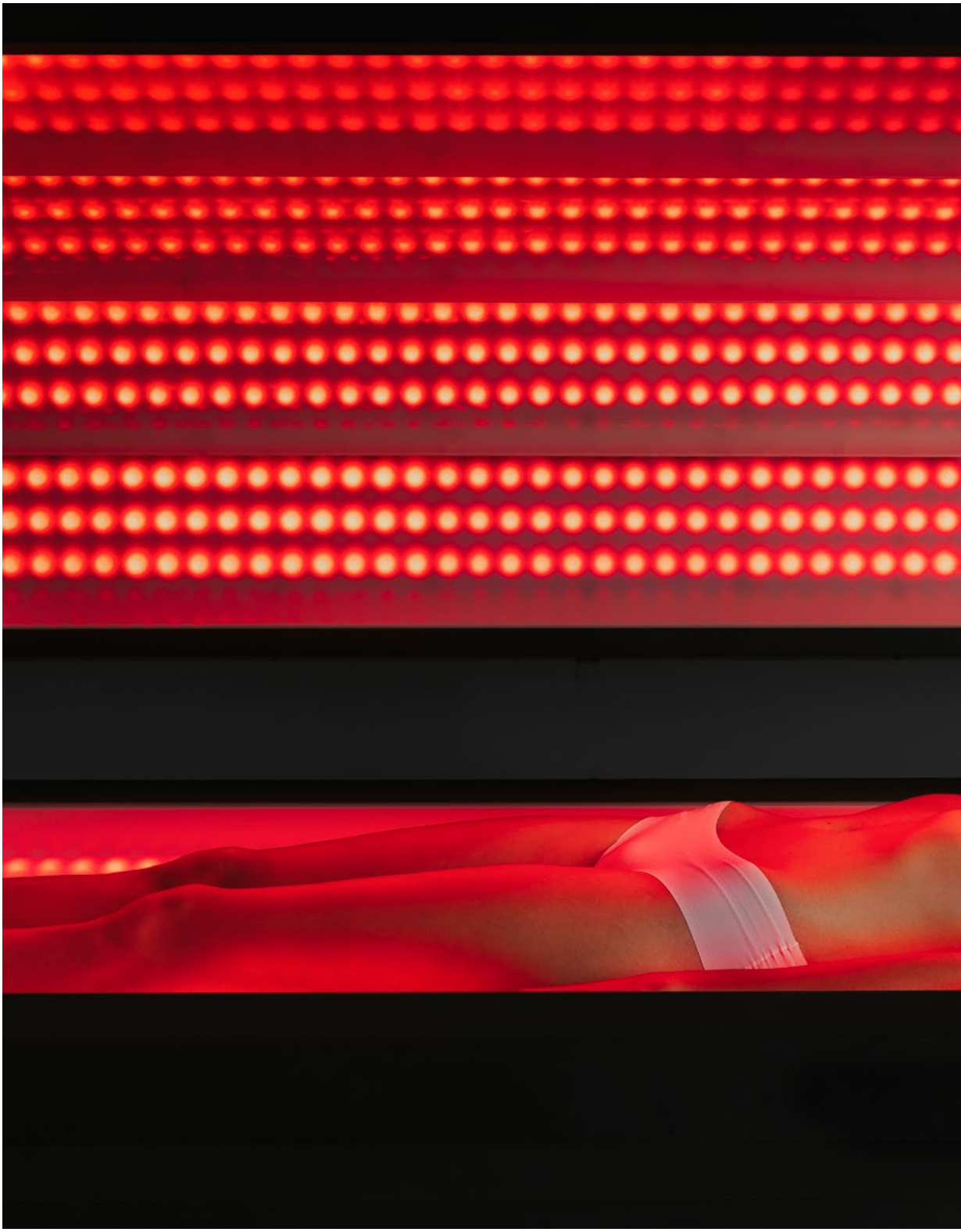


Image: Whole-body Photobiomodulation Treatment

Hydrotherapy Department

Creating a healing energy flow

A fundamental stage of your programme to improve the peripheral blood and lymphatic circulation in the body, nourish the cells, eliminate toxins and fat deposits, reduce muscular tensions and purify the skin.

Through the alternation of water pressure, water massage techniques, body wraps and temperature, the therapeutic value of these signature treatments is enhanced with the help of essential oils, plant extracts and pure marine microalgae.

Image: Hydro-Aromatherapy

Image: Hydro-Jet Treatment

Hydrotherapy Department

TREATMENTS

Hydro-Aromatherapy

This is a particular type of hydro massage in which a special mixture of essential oils is added to the bath water. The variations in the water temperature and pressure are critical and combined with the thermodynamic effect of plant extracts causes the dilation and constriction of the capillaries. This action stimulates the natural physiological functions to remove toxins and fat deposits from the skin tissue. It also combats the effects of skin ageing by favouring spontaneous cell regeneration, improves skin appearance and its overall peripheral blood and lymphatic circulation. The hydro-aromatherapy is a genuine rehabilitative treatment that tones and strengthens the skin, balances the body fluids and energy and relaxes both body and mind.

Phyto-Mud Treatment

This treatment involves the application of a body wrap that consists of a mixture green clay, enriched with minerals, microalgae and pure essential oils and it is the second step of the hydro-energetic treatment.

The combined effect of essential oils and minerals further drains, detoxifies and revitalises the body depending on the application time, and it is helpful to eliminate physical / muscular and psychological / stress tension.

Hydro-Jet Treatment

In this final treatment, a pressure-jet adds a cold mechanical action to the thermal stimulus, to improve toning and firming actions on the skin, to increase the metabolic rate, and further to improve the peripheral circulation.

Aesthetic Department

Balancing the energy flow

One of the key core pillars of the Chenot Method®, Aesthetic Department is designed to restore and re-equilibrate the energy balance in your body according to the healing principles of Chinese medicine.

This is achieved with our signature manual massage-therapy and dry cupping techniques that generate a sense of deep healing frequencies which penetrate with a wave-like effect around the cells and promote an extraordinary sense of wellbeing. We target muscles, fascial systems, connective tissues, joints and trigger points to reduce inflammation, induce relaxation and stimulate cell rejuvenation.

We use our unique blend of essential oils, creams and boosters with bioactive ingredients that allow personalisation and create a deep effect into the skin layers with visible results.

Image: Chenot Facial Drainage Treatment

Image: Chenot Energetic Massage

Aesthetic Department

BODY TREATMENTS

Chenot Energetic Massage

This treatment aims to relieve and clear the energy flow in the meridians. With the help of suction cups re-equilibrates the energetic circulation, lymphatic system, and improves blood circulation promoting extraordinary sense of wellbeing. Activates meridians and re-energises the body.

Chenot Relaxing Massage

This unique body massage that promotes physical and mental relaxation for a profound feeling of wellbeing. This helps muscles to relax and frees the body and mind to recuperate after extensive physical or mental effort. Relaxes, reduces stress and balances the hormones.

Chenot Connective Tissue Massage

A deep muscle tissue massage designed to release chronic tensions that are often due to muscle inflammation and pain. It helps muscles to relax, to unclog stiffness, and to promote oxygenation. Improves posture, joint flexibility, circulation and oxygenation and reduces spasms and cramps. Improves the appearance and condition of the skin.

Chenot Head and Shoulders Massage

This treatment aims to release tension in the cranial, neck and shoulder areas and alleviate stress and pain. It improves blood and energetic circulation and promotes greater tissue oxygenation. Relaxes and releases tension providing a feeling of calmness within the body. Very effective for migraine, headaches, neck and facial stress.

Aesthetic Department

BODY TREATMENTS

Chenot Regenerating Treatment

The treatment is designed to stimulate deep breathing by opening the diaphragm, and ultimately, it deconstructs the tensions and relieves from stress allowing energy to flow within the body. When the body is tensed it develops constraints, the muscles get tight and breathing becomes shallow. When the breathing is shallow, the person is not getting the amount of oxygen that it needs. Promotes deeper breathing, re-energises and regenerates.

Chenot Lymphatic Manual Massage

Lymphatic drainage is a delicate, soft harmonious treatment that is performed in a rhythmic way. It is exceptionally relaxing, it improves the circulation of fluids in the body, it promotes the elimination of stagnant lymph and strengthens the immune system. It reduces swelling and water retention. Moves lymph and body fluids and removes waste and toxins from the body tissues.

Chenot Cellulite Treatment

This treatment involves a deep manual massage of the targeted areas with draining action. It is combined with specific essential oils and vibratory applicators at certain frequencies, unrolling the fat deposits from the connective tissue. It promotes blood circulation and lymphatic flow. The connective tissue receives a flexible, soft and healthy structure.

Chenot Abdominal Treatment

This treatment consists of a gentle but deep manual massage in the abdomen area that moves toxins out of the body and improves bowel function. Combined with the electrical stimulation of energy points frees the abdomen from swelling and bloating and helps to mobilise fat into the lymph. Improves bowel function and eliminates toxins and metabolic wastes providing a feeling of lightness.

Aesthetic Department

FACIAL TREATMENTS

Chenot Facial Drainage Treatment

This treatment has a lymphatic drainage action with a decongestant effect, leaving the face and the eyelids less swollen and the entire face illuminated. It decongests the skin, reduces swelling and contours the face.

Chenot Personalised Facial Treatment

Experience this signature facial treatment in which our skin specialists will provide you with a unique tailor-made protocol perfectly adapted to your skin needs. Preventing premature ageing and erasing fine lines and wrinkles, your skin is re-plumped, smoothed, and deeply treated with the best products to make your complexion fresh, radiant, and remarkably young.

Image: Chenot Facial Drainage Treatment

Image: Chenot Personalised Facial Treatment

Medical Aesthetic Department

Look good, Feel good

Natural look, safe and customised treatments are the 3-key words that are implemented in our cosmedic medicine practice and skincare approach.

We address these issues with high-tech targeted treatments for wrinkle reduction, skin tightening, body contouring, and cellulite appearance. We combine different treatment modalities to tackle and prevent the age-related changes of the skin and achieve a better and more harmonious aesthetic result.

As a follow up to our dermatology procedures, a customised skin care regime with our effective in-house cosmeceuticals will ensure a prolonged and beautiful result.

Promoting beauty and aesthetics in the years to live, through a strong healthy body and mind, our guests can rediscover the beauty that is within them.

Image: Hydrafacial MD

Medical Aesthetic Department

DIAGNOSTICS

Medical Aesthetic Consultation

Prior to any treatment, the medical aesthetic doctor will assess your area of concern and then present and discuss with you a vast array of currently available nonsurgical cosmetic treatments. The specialist doctor will help you to choose the right treatment for your needs and desires, considering your expectations and contraindications.

Skin Analysis

This consists of a state of the art multiparameter skin analysis in order to assess, with high accuracy, the current condition of your skin and its needs. Parameters such as skin collagen imaging, elasticity, transepidermal water loss, pH, hydration, light absorption/sensitivity, sebum secretion are measured. This allows our specialists to personalise your skin applications, treatment protocols and cosmetic products that will best suit your needs.

All treatments and diagnostics are prescribed and supervised by medical professionals.

Medical Aesthetic Department

TREATMENTS

Hyaluronic Acid Fillers

Cross-linked hyaluronic acid is used as a filler to treat all facial tissues that may have lost volume and elasticity. It is used to treat facial wrinkles and scars, to give a volumising effect where needed, to improve the contour of the lips, to correct the dark circles around the lower eyelid and to improve the appearance of ”aged” hands.

It also stimulates the cells to produce more collagen and therefore hyaluronic acid is an important anti-ageing treatment.

The treatment is pain free as the syringe contains a small quantity of local anaesthetic.

Botulinum

The well-known “botox” is used to relax specific muscles of the face and to reduce mainly the “dynamic” wrinkles that are produced from intense facial expressions. It can also be used to help smooth skin bands on the neck and décolleté wrinkles. The intention of the treatment is to promote the “natural look botox” and to allow all the expressions but without producing intense wrinkles.

Finally, botox can stop the production of excessive sweat (hyperhidrosis) in the sweat glands of the palms, armpits and feet. Areas of treatment are the face (full or small area), neck (botox lift), décolleté, armpits, hands and feet.

Medical Aesthetic Department

TREATMENTS

Microneedling (Dermapen)

A special medical instrument is used to destroy old collagen and stimulate the natural production of new collagen in areas prone to photo-ageing and chrono-ageing, acne scars and stretch marks. This is a method of stimulating the skin collagen with or without the use of local products, like hyaluronic acid, vitamins (especially vitamin C) and AHA`s (Fruit Acids).

HIFU (Skin Tightening - "non-surgical lifting")

The Ultraformer III device is a non-invasive system that uses Micro and Macro High-intensity Focused Ultrasound to tighten and lift the skin for a younger look. This effective treatment is performed with minimal downtime and discomfort. Depending on your skin condition and type, this non-invasive treatment produces natural results in 1 to 3 months that could last for up to one year, with only one session.

Ulfit (Body Contouring)

The Ulfit device is a non-invasive system that utilises Macro High-Intensity Focused Circular Ultrasound to target stubborn fat cells in certain parts of the body. Moving in circular precision, it allows a deep and even penetration of ultrasound energy into wider treatment areas in order to naturally remove stubborn fat cells and a slimmer and contoured body shape.

Medical Aesthetic Department

ADVANCED AESTHETIC TECHNOLOGY

I. Facial Treatments

LED Phototherapy (Energising the skin, face, body and hair)

This involves the application of specific light wavelengths in order to deliver energy into the cells and thus promote skin condition, wound healing and hair growth stimulation.

LED Phototherapy is highly recommended immediately after any medical aesthetic treatment. It enhances the results and the recovery of all medical procedures and treatments. It reduces swelling, intensity of redness and time to heal. It increases the effect of cosmetic products and masks applied to face, body and hair. It is a “must treatment” for overall skin health.

Dermio Care Plus - (Active anti-ageing for skin vitality of the face)

During this patented treatment, the energy of the ambient oxygen in the form of electrically negatively charged ions (plasma) is combined with colour light therapy and cosmetic preparations to stimulate cell metabolism, treat problematic skin, improve skin health and increase its vitality. The treatment is also optimally suitable in connection with various other body treatments as the plasma energy is inhaled through the mouth and nose and is available for the whole organism.

Hydrafacial MD (Deep facial rejuvenation)

This is a multi-step face treatment that cleanses, evenly exfoliates, extracts and removes impurities and dead skin cells while at the same time it nourishes and protects the skin with vital nutrients including antioxidants, peptides and hyaluronic acid. It improves, texture and fine lines. It renews youthful glow. The treatment delivers immediate results and long-term benefits without downtime or irritation. The process is safe for all skin types, and totally painless.

OxyGeneo (Skin oxygenation and youthful glow)

This is a face treatment that aims to oxygenate the skin for smoother complexion and younger looking skin. It also improves moisture retention, tightens enlarged pores and relieves “puffiness” around the eyes. It combines gentle exfoliation, natural skin oxygenation and a deep facial rejuvenation with the infusion of essential revitalising nutrients. It is a safe treatment for all skin tones, painless and can be used on sensitive skin without any irritation.

Image: Indiba Prionic System

Medical Aesthetic Department

ADVANCED AESTHETIC TECHNOLOGY

II. Body Tightening & Contouring

SKINeo – Ultrasound and Electrotherapy

The SKINeo system provides a non-invasive treatment that combines low intensity pulsed ultrasound and electrotherapy in order to stimulate natural skin firming for almost all areas of face and body. There are different applicators designed for the different regions of the body which are anatomically adjusted to fit gently and provide a continuous active effect in the whole treating area. In addition to skin firming and tissue tightening, the system is recommended for the cellulite treatment.

INDIBA – Proionic System

The Indiba system provides a non-invasive treatment that delivers a specific monopolar radiofrequency wave to the skin cells and deeper tissues that promotes the synthesis of new collagen and elastin through heat and ion exchanging. The treatment is fast, painless with deep tissue regeneration and with visible results from the first session. The Indiba system is ideal for the improvement of skin elasticity and tightening on face, arms and legs and in particular, for fine line and wrinkles reductions. It works in synergy with all body contouring and circumference reduction treatments, as it facilitates the mobilisation of local fat from small localised fat deposits. It improves dramatically the appearance of red stretch marks and is a highly rewarding solution to the “orange peel” or cellulitis.

Medical Aesthetic Department

ADVANCED AESTHETIC TECHNOLOGY

Storz Cellactor SC1 – Acoustic waves

The Cellactor SC1 is an Acoustic Wave Therapy (AWT), non-invasive, during which acoustic waves are used to improve the appearance of cellulite and connective tissue elasticity and firmness. This is achieved by combining short-high-energy defocused waves with long-low-energy radial waves. This combination allows for the treatment of deep and superficial regions. To optimise the result a third application of vibrational pulses is performed over large areas to stimulate the muscle tissue structures and the lymphatic system.

ZField Dual

This high energy inductive treatment provides electromagnetic impulses that penetrate the muscles cells and generate thousands of muscle contractions that tone and build muscles. In combination with other fat reduction treatments, it is an ideally suited application to improve the result.

Lymphastim

A lymphatic drainage device based on the pneumatic pressotherapy principle. Special applicator sleeves with multiple overlapping chambers provide a gentle massage that encourages the natural circulation of the lymph through the body, reduces swelling and oedema and improves the appearance of cellulite. It can be a vital part of any slimming and body contouring programme.

Image: Storz Cellactor SC1 - Acoustic Waves

Sports and Fitness Department

Fitness for Life

Unwind and exercise in top quality facilities with our swimming pool, state-of-the-art fitness centre, private beach access on Lake Lucerne and surrounding tennis courts. In addition to the full range of activities, highly skilled instructors are available to design a personalised programme around your needs and goals.

Image: Gym

Sports & Fitness Department

PERSONAL TRAININGS

Gym Fitness

This is personalised training aimed at long-term and sustainable fitness. Exercises are designed to realign muscles, work on balance, posture, and flexibility. This involves a scientific approach on how to build strength and endurance, lose weight, increase metabolism and the overall functionality and performance of the body. The emphasis is on helping guests to create an exercise model which can be followed for life.

Aqua Therapy

Designed to relax, diminish muscle and joint pains, and develop flexibility and cardiorespiratory endurance through specific rehabilitation exercises and therapeutic swimming, Aqua Therapy is the modern method in using the healing power of water. From helping to improve the physical condition and a feeling of wellbeing through the release of endorphins type B to strengthening the immune system, aquatic therapy is an effective and rehabilitative exercise.

Body Balance

Ideal for every age and fitness level, Body Balance is a special routine that includes yoga postures as well as elements of Pilates combined with breathing exercises which are important elements of the training. It reinforces the body and develops concentration as well as full awareness, leaving one feeling grounded, calm and positive.

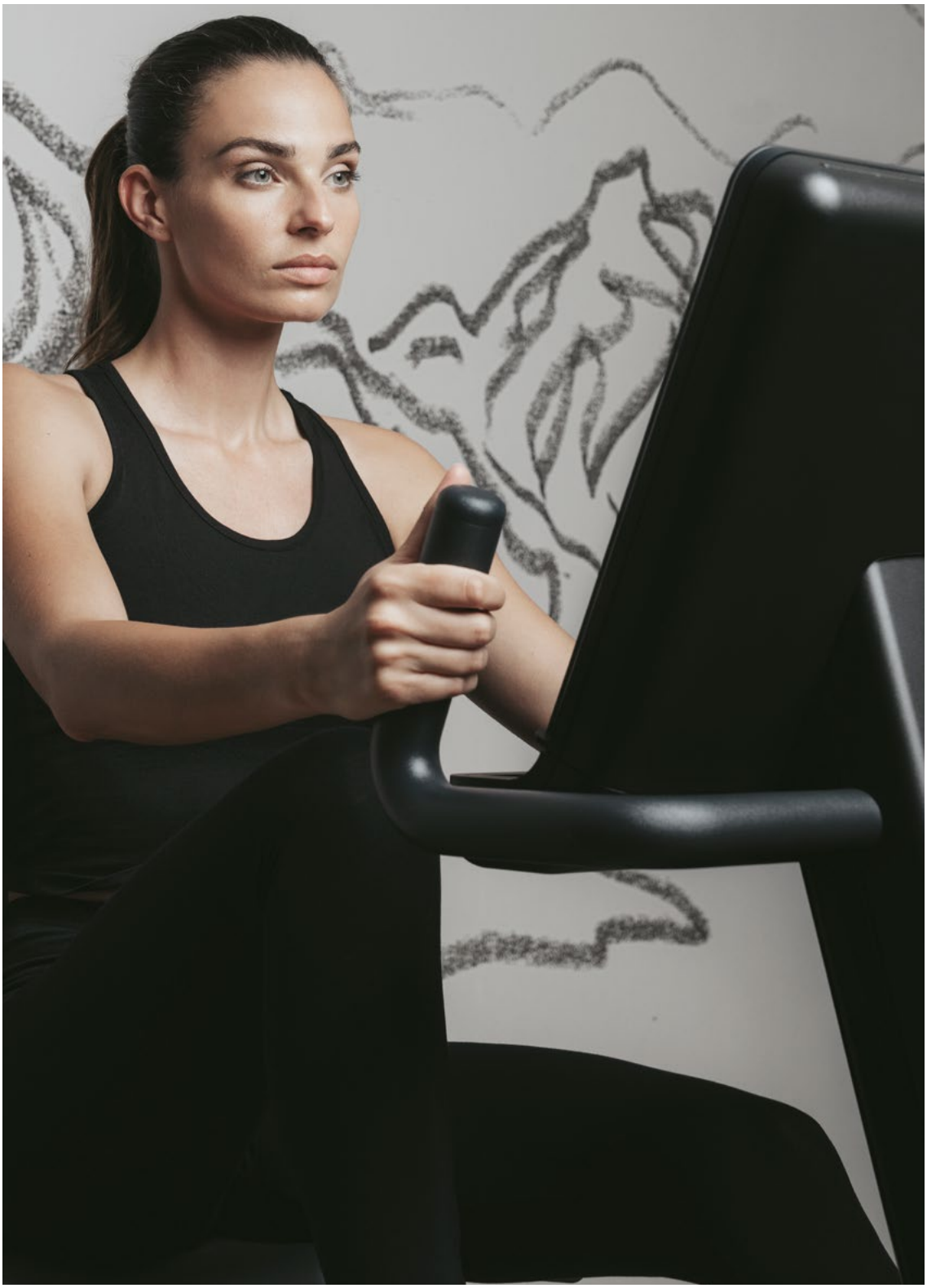


Image: Hypoxic Exercise Training in an Altitude Room

Sports & Fitness Department

OUTDOOR ACTIVITIES*

Peace is an important element of any programme and our location features the perfect backdrop to to relish the power of nature and to put your mind to rest. Surrounded by the scenic Alps and facing the Lake Lucerne, we have put together a set of outdoor activities which are offered depending on the season.

- Nordic Walking
- Hiking
- Cycling
- Outdoor Tennis
- Paddle Board
- Freshwater Lake Swimming
- Kayaking

*Seasonal activities.

Image: Outdoor Activities

OUR PROPERTY

Image: Old Spa Reception

Image: Chenot Palace Weggis

Our Property

Chenot's Design Vision comes to Life

Designed by renowned architect Davide Macullo, Chenot Palace Weggis is an invitation to a multi-sensory experience. The Palace associates traditional Swiss design with contemporary architectural techniques, and thus seamlessly coexists within its surroundings, evoking the beauty and tranquillity of the superb Alpine location. The first in the portfolio to comprise dedicated rooms with sleeping technology, zen gardens and a contemporary art gallery, Chenot Palace Weggis takes you on a journey of the senses.

Chenot Palace Weggis spans 20,000 square metres and follows the design concept which is aimed to harmonise the ancient with the contemporary. Natural and locally sourced materials were used for the new building and its modern aesthetics, while traditional Swiss building techniques were implemented to preserve the heritage and character of the original building. The hand carved ceilings throughout the spa and communal areas have been carefully designed, evoking scenes of forests, roots, water and fire, making guests feel part of a sculpture while emulating the Chenot philosophy of vitality. The changing natural light enhances guests' transformational journey by encouraging a body and mind balance, and this combined with the soft colour scheme ensures every angle of the palace reflects an ambiance of life and energy.

Art today is a necessity, a fundamental element in the design of the spaces wherein our everyday life unfolds. The Chenot Palace Art Collection has been created and curated by Chenot, Davide Macullo Architects and gallerist Daniele Agostini. The collection consists of the works of nine young Swiss artists and of the architect Davide Macullo. Their works and techniques span across the contemporary visual arts, from drawing and photography, to wood sculpture and bronze casting. The various artworks can be admired throughout the public spaces of the hotel and spa and can also be found in guest rooms.

Image: Zen Garden

TEA LOUNGE

Image: Tea Lounge

The Tea Lounge

The essence of wellbeing is further extended into the Tea Lounge, which offers an elegantly presented collection of herbal infusions, organic green blends, and mocktails, created with the finest of ingredients with well-known health benefits.

The luxuriant, contemporary chic ambiance, richly decorated with plush sofas and armchairs, beautifully crafted decorative objects, is an invitation to relax, to engage conversation, or simply muse on life in an elegantly eclectic design while appreciating the stunning, ever-changing view of Lake Lucerne.

The Chenot Herbal Teas are formulated for their functional virtues and destined to act in synergy with our treatments & programmes. Daily detox, General wellbeing, liver health, Diuretic Plus, Metabolic Booster, Bowel Aid, Calm & Relax can also be purchased to further enjoy the benefits the cure at home.

Image: Tea Lounge with a view

SUITES & ROOMS

Suites & Rooms

Classic meets Modern

The charming turn-of-the-century palace and new contemporary building host 97 elegantly furnished rooms. Overlooking Lake Lucerne and the peaks of Mount Rigi and Mount Pilatus, each of the rooms and suites boast secluded balconies or terraces and offer privacy as well as space to admire the picturesque setting.

Image: Suite

Suites & Rooms

Suite

Extra spacious dimensions, decorated in a modern, contemporary style are the signature of our Classic and Deluxe Suites. A separate living room, bathtub and shower, as well as large secluded terraces maximise comfort and privacy.

Junior Suite

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. Our Junior Suites features spacious balconies or magnificent views of Lake Lucerne or surrounding Swiss Alps.

Double Deluxe

Our spacious and comfortably furnished Double Deluxe rooms are in the romantic old building and in the wooden new 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.

Suites & Rooms

Double Classic

Our spacious and comfortably furnished Double Classic rooms are situated in the romantic old building as well as in the wooden new building. All rooms feature stunning views of the Swiss Alps and glittering Lake Lucerne. Large window fronts, balconies and terraces invite you to enjoy the pristine nature from the comfort of your room.

Single Classic

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

Single Deluxe

Our warmly decorated single deluxe rooms offer luxurious comfort, integrated with a welcoming and elegant interior. With more space and beautiful lake view they optimally contribute to your experience. Wooden floors, pastel coloured furniture and wallpapers are especially designed in accordance with the Chenot philosophy to offer blissful moments of relaxation and regeneration.

Image: Bathroom

Image: Suite Balcony

Image: Suite Living Room

Image: Junior Suite

Häuser
des
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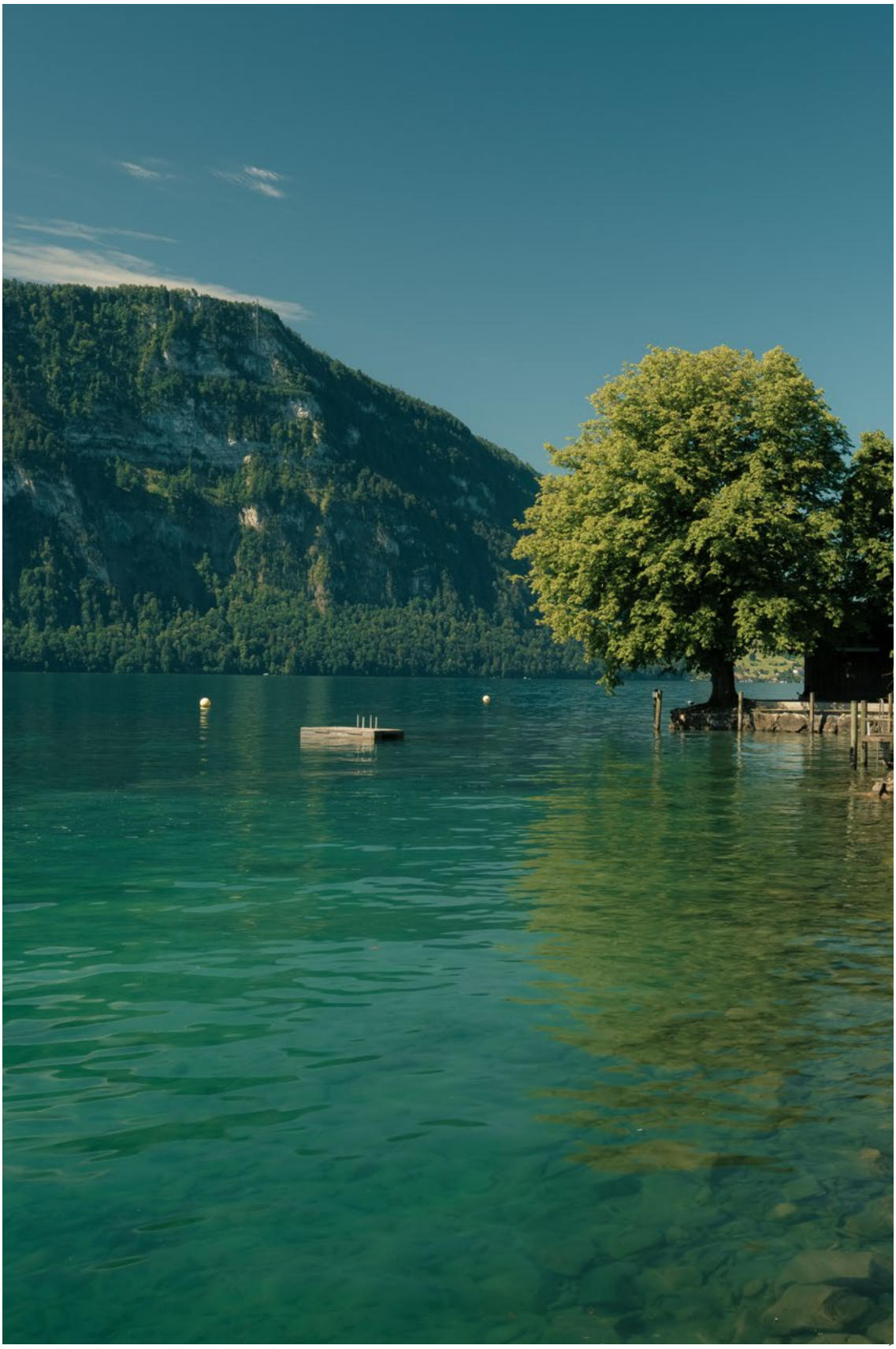
Image: Junior Suite

Image: 21m Indoor Pool

OUR LOCATION

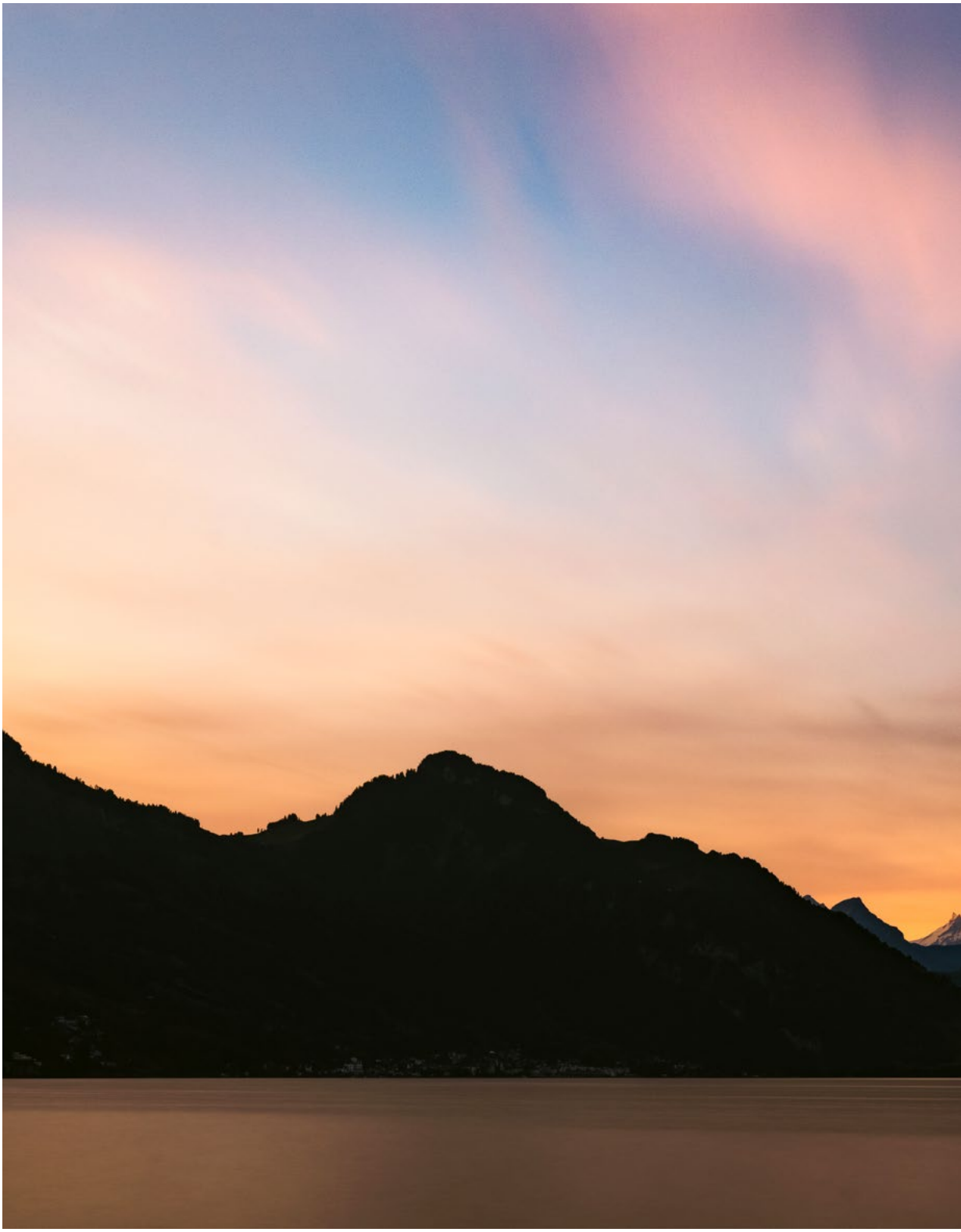


Our Location

In 1897 American author and travel writer, Mark Twain, visited Weggis and described it as the 'loveliest place' he had ever visited.

The idyllic resort town of Weggis lies on the soothing shores of Lake Lucerne at the foot of the renowned Mount Rigi. The surrounding region is often termed the 'Riviera' of Central Switzerland for its oxygen-rich fresh air, sweeping mountain views, luscious vegetation and high density of healthy spring water sources.

Combined with a famously mild climate, this makes Chenot Palace the ideal destination for people looking to make a substantive change in lifestyle. Everything is on hand to make a transformational change to their physical and mental wellbeing.



Weggis, Switzerland