

- PREVENTING IS BETTER THAN TREATING
- FEEL YOURSELF AS GULLIVER
- ADJARA FASHION WEEK

AZERI OBSERVER

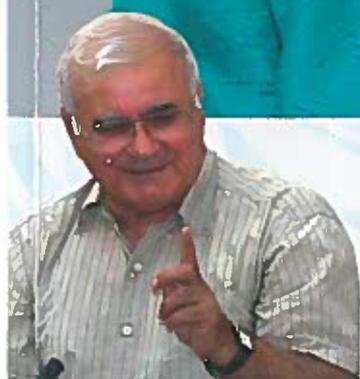
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CAROLE CROFTS
AMBASSADOR OF THE
UNITED KINGDOM
TO AZERBAIJAN

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**"UK IS BY FAR THE LARGEST
FOREIGN INVESTOR IN AZERBAIJAN"**



New association to unite
journalists in Islamic countries

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CHENOT PALACE

HEALTH WELLNESS HOTEL GABALA
MORE THAN JUST A WORLD, A UNIVERSE OF WELLNESS

Health and Wellness specialist Henri Chenot, has opened a modern health wellness retreat in Azerbaijan. A five luxury star hotel will shine over the breathtaking Gabala lake entirely devoted to the eminent Chenot methods of holistic detox and revitalization.

AZERI OBSERVER EDITORIAL STAFF

Chenot Palace Health Wellness Hotel's presentation was held in Baku on September 19. Co-founder of the Chenot Group with her husband Dr Henri Chenot - Madam Dominique Chenot, Chenot Group's Scientific Director Dr George Gaitanos, General Manager of the Chenot Palace Lorenzo Amaglio and Project Manager Natavan Hajiyeva participated at the event. The most-expected hotel in Gabala will open its doors on November 1.

Surrounded by the silence and tranquility of the magical pinewoods, and overlooking the peaceful Nohur lake, the new Chenot Palace Hotel in Gabala represents a new class of health wellness retreat in the heart of a breathtaking forest.

If the Chenot philosophy were to be translated into a landscape, it would be the tranquility of the forests, the quiet of the lakes, the energy of the waterfalls and the gentleness of the hills of the Gabala region. It is an idyllic place that offers, along with breathtaking beauty, a unique combination of both serenity and energy.

The Chenot Palace Gabala is a perfect getaway retreat, far from the hustle and bustle of congested cities, where guests can recharge their batteries and gather new strength to replace the energy that daily life drains out of us.

This brand new resort offers a broad therapeutic approach. A medical spa facility of 6.000 square meters is fully dedicated to the most advanced diagnostic techniques and state of the art equipment. This, together with the powerful and unique Chenot method of treatment, enables the specialized medical professionals to provide each guest with personalized programs that enhance in-

dividual wellness. The facility houses the innovative Human Performance Department with a top class Metabolic Laboratory for metabolic optimization, a Cryo Chamber set to -110° C for whole-body cryotherapy and a Sports Lab for fitness screening, antigravity technologies and normobaric hypoxic (reduced-oxygen) training for physical wellness.

Individual wellness is exactly what Dr. Henri Chenot has been committed to with perseverance and dedication for more than 45 years. His method focuses on providing the Individual with a holistic view of the body, mind and emotional life as a prerequisite for a person's sense of harmony.

"People are living longer, and there is the need to maintain the body's same level of performance as in its youth. Our quest, our constant commitment, is to provide the means to invest in personal wellness so that our body cells will be harmonious and rich in vital energy and functionality. It is a commitment that we fulfil with pride, professional care and team spirit." – Dr. Henri Chenot.

Over the years this principle has led the Chenot Group to develop a unique synergy of powerful treatment protocols that are applied over a short period of time. These unique methods aim to stimulate the body to eliminate toxins, assimilate nutrients, increase vitality and energy levels and rebalance the physiological equilibrium with long-term benefits. These results are heightened when complimented with the lifestyle changes prescribed by the expert professionals, tailored to each individual's needs.

The correct diagnosis is made following a holistic approach, an essential requirement for under-



standing guests' individual wellness status and providing them with personal treatment plans. The targeted treatments applied will positively signal the body to build up its own internal medicine and to respond by regaining energy, functional capacity, and inner harmony; and Chenot experts will teach the individual how to consciously preserve these gains over a long period of time.

Accompanying the guests on their path is a highly qualified European team of medical professionals in internal medicine, cardiology, sports medicine, energy medicine, acupuncture, aesthetic medicine, nutrition, osteopathy, physical therapy and fitness. This devoted team is actively involved in participating in and studying the latest research presented at the most renowned international medical congresses. As a result, they are able to provide the latest and most effective techniques and technology that deliver excellent and long-lasting results.

An integral part of the method, the Chenot diet demonstrates that individual wellness does not only come from the finest ingredients but also from the caloric density, nutritional value and unique preparation and cooking process of the food that is provided at our resort with exquisite taste and presentation. Diet is crucial to clean and rebalance the body, stimulating cell repair mechanisms with anti-aging and anti-inflammatory action. The synergy of diet and treatments promotes inner and outer wellbeing, and our nutritional suggestions applied to everyday life will help all of our guests achieve a healthier lifestyle that can ensure long-term wellness.

The vast 26-hectare park provides a beautiful landscape that indulges the senses, with ponds,

lakes and cascades of waterfalls. A sense of serenity is evoked from the panoramic view that Gabala has to offer, encouraging one's desire to enhance their vitality through exercise with low intensity walks or runs. The luxurious stars shimmering across the outdoor swimming pool generate the perfect setting for pure relaxation.

Featuring natural materials and colours, the Chenot Palace Gabala blends harmoniously with the nature around it. Its flowing forms and light-infused spaces convey an immediate and beneficial sense of harmony and relaxation. The interior design, even in its smallest details, is respectful of the nature that surrounds it; huge windows open to landscape views and natural wood floors and simply-designed furniture give a sense of lightness, creating a smooth, caring and inspiring environment to ensure the guests' complete rest and recovery.

Elegance, space and stunning views from every window, balcony and terrace connect the inner and outer spaces of all of the 72 accommodations and 3 villas with private spas.

The utmost definition of luxury in our modern times without a doubt is extended to physical and mental wellness, to the possibility of regaining or preserving our quality of life and our functional capacity in the long-term. That's why anyone who values the concept of wellness as a means to maintain health and improve performance in the long-term can trust the Chenot Palace Gabala to be the ideal retreat, where one can achieve youthfulness in the perfect harmony of nature.

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Dr George Gaitanos



Madam Dominique Chenot

