

R.I.P ROGER MOORE – THE 007 STAR'S MOST ICONIC MOMENTS

OK!

MIDDLE EAST

FIRST FOR CELEBS

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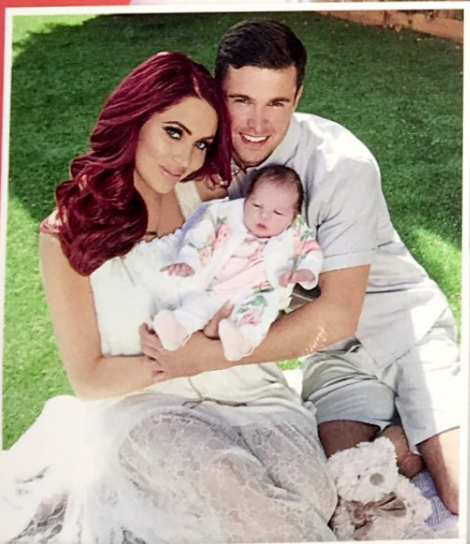
PIPPA'S POSSE
INSIDE THE RICH,
JET SET WORLD OF
PIPPA'S PRIVILEGED PALS

**'SHE STARTED
IT, SHE NEEDS
TO END IT'**

*Katy Perry breaks
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"SHE'S JUST PERFECT"
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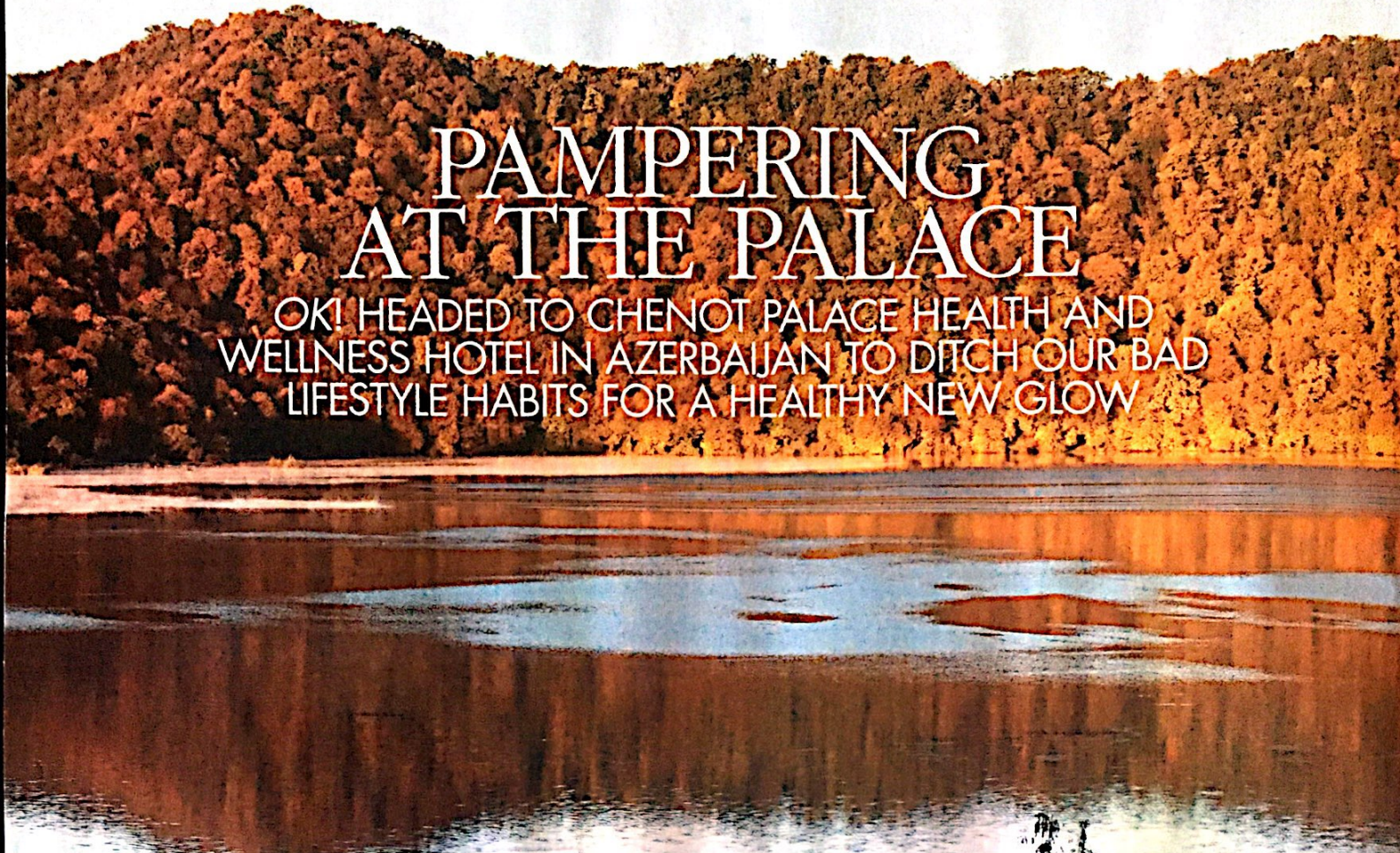
WHY 'SWEET' BUT 'PASSIONLESS' MELANIA TRUMP IS FAILING AS FIRST LADY

PLUS: BEN STILLER CALLS TIME ON HIS 17-YEAR MARRIAGE

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PAMPERING AT THE PALACE

OK! HEADED TO CHENOT PALACE HEALTH AND WELLNESS HOTEL IN AZERBAIJAN TO DITCH OUR BAD LIFESTYLE HABITS FOR A HEALTHY NEW GLOW



Chenot Palace Health and Wellness Hotel is situated at the edge of a gorgeous lake (main pic)



Just two and half hours on a short hop flight from Dubai sees you land in Baku, the fascinating medieval capital of Azerbaijan. And while a city break is always a fab idea, a further three-hour, scenic car ride from the city, and you'll reach Qubadli, a small town protected by mountain ranges and dense forest, amid which natural beauty you'll find nestled a haven of five-star wellness.

Where can I stay?

OK! checked into the recently opened Chenot Palace Health and Wellness Hotel, established by renowned health and alternative medicine guru, Henri Chenot. The unique boutique hotel's design was inspired by classic French chalets to complement the world-renowned ski resort of Tufandag Ski Complex, a mere 12 km away. All 72 rooms overlook the Nohur Lake within

the grounds of the resort, and there are five room options to choose from, including three spacious villas with their own private spas, perfect for families and larger groups. Guests can hang out in the games room and

lounges and on the outdoor terraces where you can soak in the stunning landscapes and while away a few hours watching the local wildlife including birds, foxes, and as OK! discovered, a brown bear! At the heart of the resort is the 6,000sqm medical spa facility dedicated to advanced diagnostic techniques and state of the art equipment. This includes the cryo chamber and altitude chamber. And as well as the beautiful swimming pool, there are daily activities such as yoga and Pilates which can either be enjoyed inside, or within the expansive 26-hectare park the resort nestles within.

Which stars might I see?

Chenot Palace Azerbaijan is already an A-list hotspot, having opened to a wait list already packed with celebrity names. Its flagship property in Italy is a favourite of the Missoni's and Carla Fendi – of the legendary fashion houses – and its

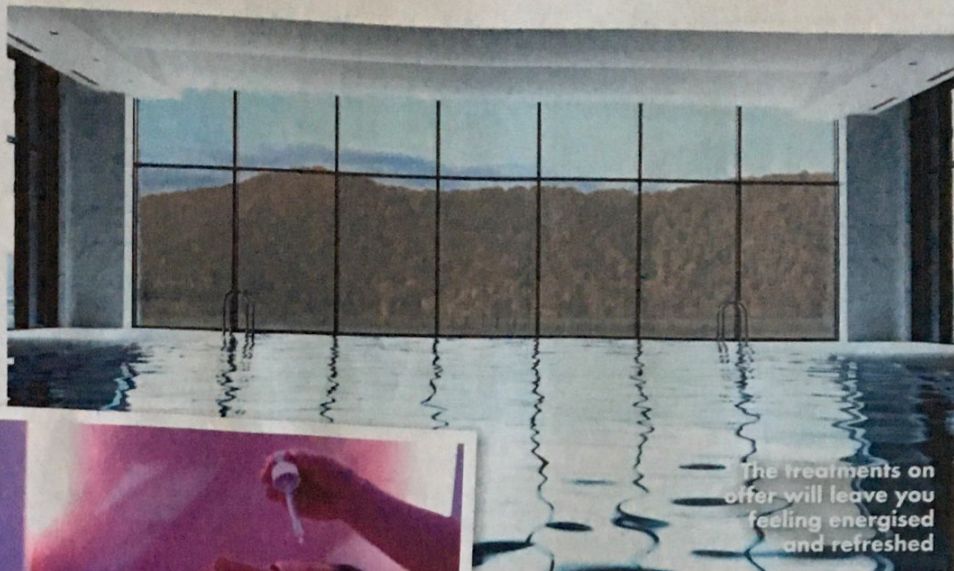
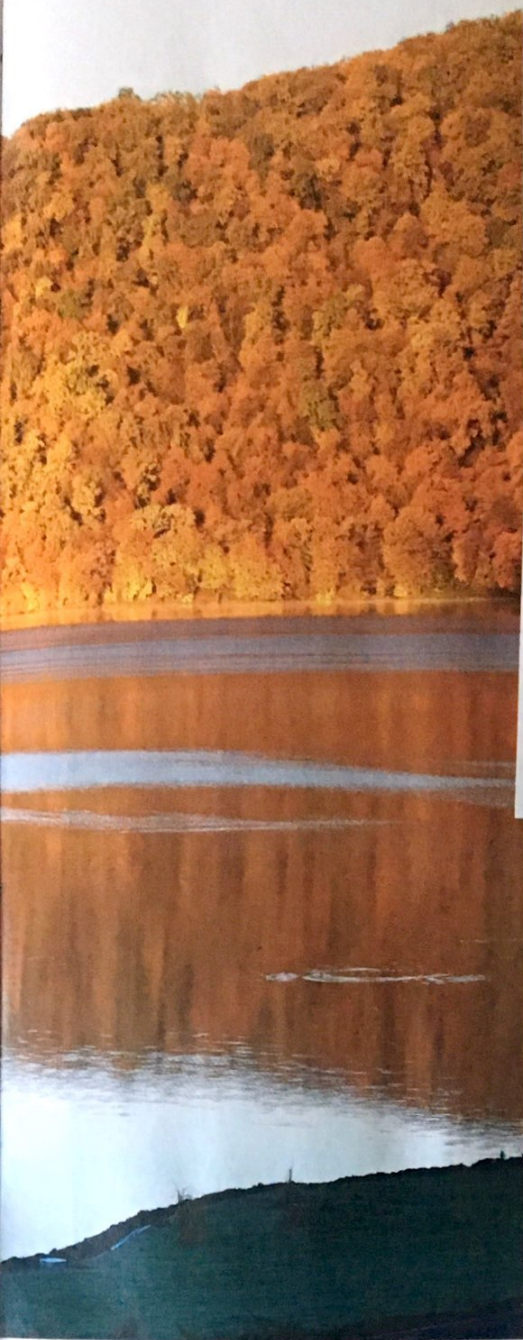
spa is a secret hideway for a whole host of stars, including Princess Caroline of Monaco.

What is the Chenot method?

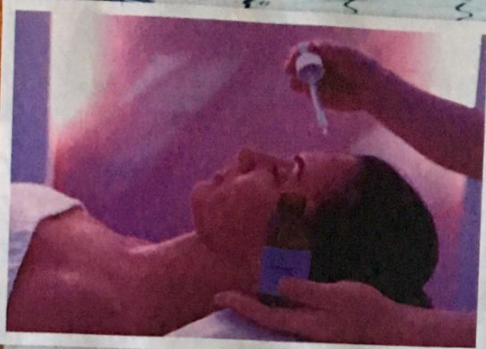
The philosophy at Chenot Palace is to realign your natural chi and energy flow by eliminating toxins and using Chinese holistic methods to restore your body's harmony.

OK! opted for the four-day detox, which is the absolute minimum if you're going to experience true results and see the effects of Henri's Chenot's 45 years of experience. Before your arrival, you're





The treatments on offer will leave you feeling energised and refreshed



room is activated by mood lighting that reflects your body's aura. OK! tried the signature cupping massage that promised not to leave the usual bruises that have become synonymous with the treatment. Be ready for a little pain as the therapist works on opening your meridian lines, but it's all worth it as you'll feel lighter, rejuvenated and glowing after one session.

Unmissable was the water bed mud therapy. This 90-minute treatment wraps you in a weight loss mud (whose ingredients are top secret), which is prepared in the Chenot Swiss labs. You're then put on a waterbed with calming music and mood lighting before being woken up and taken to what we can only describe as a 'human car wash' in which water jets placed at a distance of three metres are targeted at your body in quick rapid movements to increase blood flow.

What else can I do?

Nature trails, outdoor yoga and rowing out on the stunning lake are all on offer as well as outside activities, such as shopping in the local markets in Qubadli which is a 10-minute drive away. With over 25 acres surrounding the resort, it's also an idyllic spot to meditate and appreciate the natural beauty of the region. If however, you fancy a little more action, then the Tufandag Ski Complex is a must.

After four days at the Chenot, OK! was energised and well informed about how to start living a healthier lifestyle, from posture exercises to learning a whole new way of eating – the place can transform you both inside and out.

What can I eat?

The cuisine and kitchen at The Chenot is far from your average hotel restaurant, and the science behind the Chenot method lies in the bio-lite diet.

Bio-light cooking is all about the selection, preparation and processing of a wide variety of foods in order to produce healthy, nutritious, well-balanced and tasty meals. Bio-light cooking develops healthier nutritional habits, and may also serve as a trigger to lose weight and keep it off permanently. It consists of three meals and two snacks a day. In the bio-light diet, the overriding influence is of a "dissociated diet" in which carbohydrates in the form of non-refined cereals are included at breakfast and lunch, while animal proteins are eaten for dinner. Dinner always consists of warm food in order to help the digestive organs. At the end of each meal, a warm herbal infusion is recommended. The meal plan includes lots of tasty grains, proteins, vegetable and fruit purees. Foods are cooked at low temperatures to preserves their nutrients and are prepared as much for the eyes as for your wellbeing. You can also take advantage of the cooking classes on offer to give you a better understanding of how to incorporate the diet into everyday life.

Getting there

Fly directly to Baku on Emirates or Azerbaijan Airlines. Transfers from the airport to resort are included in the package. For exclusive privileges and special offers for OK! readers, contact Arnaud at MD@MichiDe.com or visit their website at MichiDe.com **OK!**

REPORT BY SONAL VARA EDITED BY GEMMA WHITE



given a series of medical questionnaires which the in-house doctor will use to customise your health plan.

The programe consists of the unique Chenot method of treatments and diet plan that aim to stimulate the body. This is where the high tech medical facilities such as the metabolic laboratory and fitness screening antigravity chambers all play a vital role. But it's not all gadgets and tests, as your plan is balanced out with the treatments on offer in their nine state of the art treatment rooms, in which you can experience Chinese medicine with a Chenot twist. Plus, each therapy

