

VILLA 88

THE FALL
FASHION
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Voyage

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CHENOT PALACE GABALA INDOOR POOL







Rejuvenate, Revitalize, *Relax*

Chenot Palace Gabala in Azerbaijan offers tailor-made wellness programs and intensive treatments designed to promote healthy living, prevent premature ageing and rebalance the body's metabolism and energy levels

IT'S SAFE TO SAY THAT many of us don't find enough time to think about how hectic lifestyles and work schedules affect our metabolism and health. Food becomes mere sustenance, and junk food is necessary fuel for the times we cannot spare for a leisurely meal. As we recognize more and more that our health and wellbeing are not at their optimal levels, it's time to plan for that wellness retreat – but where? And what treatments to take?

It is to cater to these specific requirements that the Swiss health and wellness pioneer, Chenot Group,

came up with its Chenot Centers – and there's a premier establishment that is tantalizingly close by to the UAE: the Chenot Palace in Gabala, Azerbaijan.

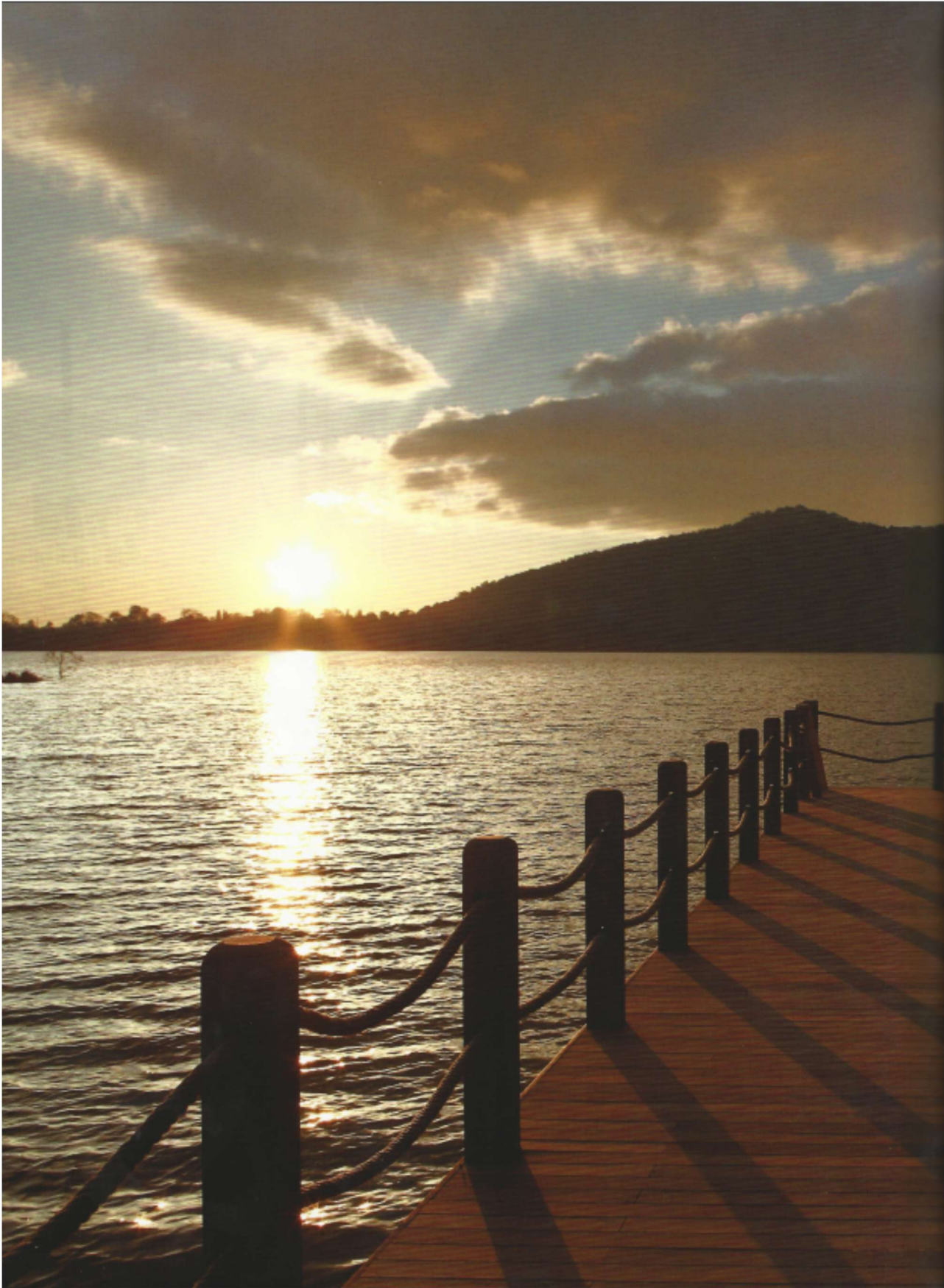
Surrounded by picturesque pine forests and swaddled by cool breezes, the Chenot Palace Gabala boasts a 6,000 sqm medical wellness center and offers 72 sumptuous guest rooms and spa facilities. Overlooking the tranquil Nohur Lake, this five-star retreat presents a tired city slicker with the perfect place to switch off, relax and rejuvenate themselves.

The Chenot Palace Gabala has been developed as a center of excellence,

comprising teams of medical and wellness professionals and therapists who accompany and guide guests through a range of treatments and programs, all benefiting from the Group's research and experience of nearly 50 years.

The Chenot Method

The Center follows the Chenot Method, invented by Henri Chenot, which follows a combination of treatments and diet plans that focus on eliminating toxins, assimilating nutrients, increasing energy levels and rebalancing the body's physiological equilibrium.



VOYAGE



The first thing that strikes the mind about Gabala is its sheer beauty. The abundant greenery, peaceful climate and crisp, clean air are enough to start one on the process of recovery



VERDANT PARADISE

A 30-minute drive from the airport, the journey to scenic Gabala transports you from modern outskirts to pristine mountaintops. The history of the city dates back to more than two millennia, presenting an alluring mix of ancient ruins and 500-year-old forests of chestnut and nut. About 15 kilometers away from the modern city are the ruins of the ancient town, replete with walls and towers of a bygone age. The Gabala (or Qabala) Archaeological Center is the perfect place to glean knowledge about this ancient city and its history and culture. The Gozel waterfall and the Gabala City New Mosque are other must-see attractions.

which form a pioneering collection of cosmetological solutions that can be used all year round.

Wondrous Wellness

To get the best results, a seven-day detox program (and Chenot Palace offers many of these) is recommended, although we got a sneak peek via a three-day program.

Our journey started with an energizing, guided walk through the verdant countryside surrounding Chenot Palace Gabala, where the fresh air and greenery worked like a combination wake-up call and adrenalin shot to the system. This was followed by a nutritious breakfast and, thereafter, a series of consultations and medical treatment demonstrations.

A presentation on the Chenot Method served to further explain and clarify the various aspects of the approach and provided an introduc-

tion to 'biontology', a term coined by Dr Chenot, referring to the study of how the body changes over time, right from birth to the end of life.

Moreover, a well-trained and highly qualified team of medical professionals is always on hand at Chenot Palace, which is equipped with state-of-the-art technology and top-notch treatment facilities.

Other notables during our stay were the sojourns around Gabala – specifically, to the Tufandag Ropeway and the 7 Gozel Falls – and the revelatory cooking classes that definitely rejigged thoughts of healthy food and how it can be prepared with just a little more care and thought than your average meal. chenotpalacegabala.com

The entire enterprise has been custom-designed to cater to health and wellness activities





The Chenot Method primarily revolves around three natural and essential body functions: eliminating damaged cells and removing the various impurities that accumulate in the body as a consequence of everyday living; assimilating the right nutrients for effective metabolism; and repairing and regenerating tissues.

Chenot Palace Gabala offers many dedicated programs for weight loss, age prevention, stress recovery and detoxification, among others - all through personalized treatments and consultations to ensure each guest gets the maximum benefit.

The Chenot Group also offers a range of cosmetic products, including a sun care and a skin care range,



DESTINATION DETOX

Chenot Palace Gabala offers numerous special programs to detoxify, rejuvenate and revitalize the body, along with a host of cosmetic products designed to promote healthy living and offer protection from premature ageing.

- The Fundamental Detox Henri Chenot Program is the perfect start on the road to detoxifying yourself from all of the impurities that modern living brings with it. Comprising unique Chenot Method treatments and a systematic diet, the program is designed to eliminate toxins and revitalize the body.
- For the next level, the Advanced Detox Henri Chenot Program guarantees deeper tissue purification as well as a rebalancing of the body's equilibrium.
- Meanwhile, for individuals who desire to increase their metabolism and improve their energy levels, there is the Metabolic Optimizing for Weight Loss Henri Chenot Program.
- The Prevention and Aging Well Henri Chenot Program is available for those individuals who need their balance refreshed and restored.
- The Recovery from Stress and Re-Energizing Henri Chenot Program is for those who need to rejuvenate and balance stress levels.
- And finally, for everyone who feels the need to take on the cure mentally and physically, the 3-Day Active Detox Program is an ideal choice.

