



# CHENOT

PALACE

## Fight Fatigue with the Ultimate Recover and Energise Programme *Chenot Palace Weggis, Switzerland*



Europe's latest and most advanced health wellness retreat - [Chenot Palace Weggis](#) – offers the ultimate [Recover and Energise](#) retreat for those fatigued by many months in lockdown. With a fully integrated, science-based approach to health and wellbeing at its core, the programme starts with a medical screening and state-of-the-art diagnostics using the [Chenot Lifestyle Biomarkers®](#). Next, a schedule is developed by Chenot medical professionals, tailored to each client to strengthen the immune system, the body's defence and repair mechanism, before re-energising it to improve overall body function.

Designed for those living a demanding life with various life-stressors, the **Chenot Recover and Energise** builds on the core pillars of the Chenot Method® by promoting deep purification and detoxification, supporting the body's natural process to excrete metabolic waste and toxins whilst repairing defective tissue and restoring hormonal balance. With a nutritional and detoxifying meal plan, guests can expect an enriched version of the Chenot Method® with added neuroscience technology. The programme is targeted towards reducing chronic stress and restoring optimal energy levels along with improved sleep patterns and better general mood. The programme includes an oxidative stress assessment, minerals heavy metals intoxication analysis and skin collagen thickness assessments as well as energetic massages and whole-body biomodulation treatments. For optimum results, the programme is undertaken for a minimum of seven nights / six days.

Chenot Palace Weggis is majestically positioned on the serene Lake Lucerne in Switzerland. By far the most comprehensive offering within the Chenot portfolio, Chenot Palace Weggis includes a world class metabolic and sports laboratory, an in-house blood analysis laboratory, a whole body cryochamber at -110C, antigravity technologies, an altitude chamber, ultra-modern area, a 21-metre indoor swimming pool and a private beach for lake swimming.

*A 7-nights programme (6 days) at Chenot Palace Weggis on the [Recover and Re-energise Programme](#) starts from 8,930 CHF per person (based on a Single Classic Room).*

*For more information visit [www.chenotpalaceweggis.com](http://www.chenotpalaceweggis.com) or call +41 41 255 2160*

Chenot Palace Weggis has been nominated at the World Spa Awards 2021 as the World's Best Medical Spa and for having the World's Best Detox Programme. We invite you to vote by clicking the links below. Your vote matters and will be highly appreciated!

- [World best medical Spa](#)
- [World best Detox Programme](#)