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# the **WORLD**

Bridging. Connecting. Uniting



## Nick Vujicic

I still struggle. And so will you



# Chenot Palace Hotel

140

For ten days we got rid of toxins by means of cannabis massage, lymphatic drainage, mud therapy and hydroacromatherapy, as well as a diet designed for only 850 calories a day and consisting of delicious dishes prepared by the chef, who in the past was a pediatrician. I adhered to the strictest diet — 'detox', which, of course, is not for everyone. My wife chose a more comfortable option — 'biolight' diet, which allows to eat fish and meat. Our youngest son was perfectly fed by the chef-pediatrician.

Free time was not at all: the morning began with hydroacromatherapy, continued with a mud phyto session and a sharco contrasting shower; after lunch — obligatory massage along the meridians, swimming in an open hot pool, training in a sports hall in a vacuum installation, an acupuncture session and nitrogen droppers for the bravest. Well, in the evening we dressed from robes and had a dinner, after which we drank tea in the fireplace, played cards and billiards.

Having lost twelve kilograms in ten days, I left Chenot Palace with a sense of satisfaction. For the holidays three kilograms surely would have been typed, so, one might say, I lost all fifteen. Well, let's go with that.

Yan Yanovsky



What do we traditionally do from December 31 to the morning of January 14? We drink and have a snack. And no matter where we are: in Moscow, in the country, at the parents, on the ski slopes of three valleys or on the beach of one of the beautiful islands. And then it hurts us painfully to return home and cut circles around the floor scales, that probably know the truth. One of the main characters in the series "Friends", Ross, called his weight, recruited for the holidays, as "My holiday weight". There holiday is!

Traditions are created in order to break them, so I decided to go on a detox retreat on New Year's holidays. Imagine what it means not only not to gain weight during the holidays, but also to throw off. The decision was made, and I only have to find where to go. It was important for me to do this with the whole family: with my wife and half-year-old child. The choice fell on the wellness center Chenot Palace Health Wellness Hotel in Gabala, the most beautiful mountain resort in Azerbaijan. The hotel is located on the shore of Lake Nokhur. By the way, the French architect Michel Jouannet designed the hotel so that the view of the lake and the mountains opens from each room.

The first meeting, as in other clinics — with a doctor. Weight loss occurs here as a side effect of the treatment, the main processes of which are detoxification and organ rest.



Azerbaijan, Gabala