



## PALACE MERANO, ESPACE HENRI CHENOT SOUTH TYROL, ITALY

WEIGHT  
LOSS

**IN BRIEF** Hardcore cleansing and age-busting treatments

**THE LOWDOWN** This recently fine-tuned, majestic palace-turned-detox-spa sparkles with perfection. It's smartened up – the gleaming marble medical floor has a hi-tech laboratory for instant diagnostic results – but more importantly, it has softened, with intuitive therapists who support frazzled psyches. Magical Marga, who schedules treatments, is a soul-soothing presence. Worn-out women drag reluctant husbands here. While alpha males fight the flab, wives collapse in the massage therapist's red, womb-like treatment room. Pitch up at Merano during any life crisis – empty nest, divorce or bereavement – and it's like staying at a smart healing hospital where the expertise and infinite compassion of the staff startles you. You'll jettison kilos of weight and heavy psychological stress too. The process is profound but it isn't pretty. There are daily mud baths, jet-hose showers, massages using the Chenot method (a combination of Chinese-medicine principles and the latest scientific advances), mouse-sized portions of exquisite alkaline food that leave you with 24-hour raging hunger, headaches and hysterical emotions. You will have currents zapping your electromagnetic field (they believe every illness starts with an energy problem), vitamin drips to boost the immune system, ozone therapy to oxygenate the blood and a whole battery of tests

that will leave you with an encyclopaedic knowledge of your body. Yes, you may experience a day when you are floored by information overload, but let the facts settle, along with your shocked system. The process becomes truly educational, and the tiny health adjustments the experts recommend have seismic results back home. Imbalances are detected and delicately rebalanced with bioidentical hormones. Toxins will be banished from your system and free radicals combated until you are fizzing with vitality. The medi-spa has been revved up too. New treatments not only purify skin but also lift flagging spirits. During the deep cleanse of the oxypolar facial, decades of grime are satisfyingly dragged out of your pores, leaving you feeling lighter in every sense. And Palace Merano has wised up to the fact that health is a multi-layered issue. Psychological stress is taken seriously, so guests feel completely supported throughout the grisly detox. Yes, you may be hungry, but you'll leave satisfyingly slimmer yet fully nourished on every level.

**INSIDER TIP** Ask for Dr Max Mayrhofer. He is empathetic but realistic, and his English is superb.

**BOOK IT** A one-week stay costs from about £3,690 per person full board on the six-day Detox programme (+39 0473 271 000; palace.it)