



CHEFOX

Escape to **Shape**





# CHEFOX

Women's Luxury Wellness &  
Weight loss Boutique Hotel/Retreat

CHEFOX is the Middle East's leading women-only health and weight-loss retreat, a serene escape for total mind, body, and soul renewal. Surrounded by nature, guests enjoy energizing workouts, healing rituals, gourmet nutrition, and empowering coaching, personalized for every age and fitness level. Led by a passionate, all-female expert team, every moment is designed to uplift, reset, and help women reclaim their shine. Proudly Serving Women.



Escape to Shape





# Story Behind Chefox

## From Vision to Legacy

Founded by **THE FOX FAMILY Chefox Camp** isn't just a wellness destination, it's a living testament to a family's belief in transformation, resilience, and connection. At its heart is **Nada Taalab**, a woman whose story bridges empathy, strength, and unwavering purpose. How It All Started **Chefox Camp** was born from resilience. Nada Taalab, one of the founders, once a proud swimmer on Egypt's National Team, faced an unexpected turning point after a serious injury. With her **dreams** of competing in the water paused, she found herself navigating unfamiliar currents, gaining weight and confronting self-doubt. But **champions** don't surrender. Nada chose reinvention over resignation. Her journey back to strength wasn't just physical, it was transformational. She didn't just rebuild herself; she turned her struggle into a **vision**, and that vision into a profitable business that empowers thousands of women.





# Our Growth Journey

Now, in 2025, Chefox Camp has hosted over **5,000 clients** from **17 different nationalities** (Egypt, Saudi Arabia, Kuwait, Qatar, Bahrain, Oman, Jordan, USA, Switzerland, Palestine, Lebanon, Syria, Sudan, Yemen, Austria, Canada & UAE) and stands proudly as **Egypt's and the MENA region's** leading women only wellness retreat for weight loss and fitness. What began as personal healing evolved into a regional movement, where women come not only to **reshape their bodies**, but to reclaim their power.





# WHY CHEFOX STANDS OUT?

**Region's First & Only:** The first women-only residential fitness and weight-loss retreat in Egypt and the MENA region, blending wellness, weight loss, and emotional healing.

**Born from Real Experience:** Created by Nada Taalab from her own journey of struggle, resilience, and transformation.

**Holistic Five-Pillar Method:**

- Fitness: varied workouts for all levels
- Nutrition: calorie-controlled meals + workshops
- Education: coaching, wellness, and habit-building
- Relaxation: mindfulness, sleep, stress relief
- Camaraderie: powerful sisterhood and support





# What Makes CHEFOX Unique?

- **Zero Distraction Setting:** Immersive environment designed for real, lasting change.
- **Live-In Transformation:** Residential model enables deep coaching, breakthroughs, and personal growth.
- **Bilingual Staff:** All-female team fluent in Arabic & English for genuine connection and comfort.
- **Culturally Egyptian, Globally Inspired:** Blends local roots with world-class wellness practices.
- **Real Results:** No empty promises, a results-driven space where dreams are achieved through action.
- **Intentional Management:** Every detail is curated with purpose, emotional intelligence, and integrity.
- **Uncompromising Quality:** Elevated, personal experience crafted for meaningful and lasting transformation.





# Programs Overview

## WORK IT | INTENSE BOOTCAMP (Weekly Stays)

A fast-paced physical and mental reboot for women committed to real change inside and out.

This disciplined, residential program combines:

- Daily high-intensity workouts (medically supervised)
- Tailored nutrition for performance and fat loss
- Structured routines to maximize progress
- Recovery support, physio, massage & sleep rituals
- Behavioral coaching & workshops to build lasting habits
- Full medical oversight and body tracking

Expect early mornings, accountability, and results, with women losing 2-5 kg of fat per week through proven methods, expert care, and powerful sisterhood. It's tough. It's transformative.

**Are you ready to show up, fully and fiercely?**





# Programs Overview

## LOSE WELL | REJUVENATING HEALTH RETREAT

A gentle, nourishing reset for women seeking healing, balance, and sustainable progress — without the bootcamp intensity.

This flexible retreat invites you to slow down and realign with your body through:

- **Optional daily workouts:** Choose 1–2 classes (yoga, aqua fitness, walks) based on your energy
- **Relaxation therapy:** Two weekly massages + floating meditation for deep calm
- **Professional tracking:** Body composition & wellness monitoring
- **Holistic workshops:** Nutrition, emotional wellness, habit-building & self-discovery
- **Serene environment:** Space to rest, reflect, and reconnect at your own pace

With no pressure, only possibilities, Lose Well helps you transform with grace, tenderness, and a supportive sisterhood that honors your unique rhythm.





# Programs Highlights

*Each offering now has its own rhythm:*

- The Bootcamp is intensity with intentional recovery
  - The Retreat is tranquility with structured results
- Both paths lead to weight loss, but through different rhythms. One's a sprint with structure, the other's a stroll with soul.





# Programs Highlights

Chefox Program Includes: A Full-Spectrum Wellness Experience  
Every moment at Chefox is intentionally designed to help women reset, recharge, and rise, with comfort, care, and community.

Accommodation	Luxury full-board stay with cozy rooms, privacy, and farm inspired charm
Wellness Tools	Inbody composition analysis, progress measurements
Nutrition & Dining	4 balanced meals/day, all day healthy beverages, communal dining experience
Fitness Facilities	Daily classes for all levels, indoor AC studio, outdoor arena, 350m grass track, cardio machines, and nature pool
SPA & Recovery	Massage & physiotherapy sessions to support active recovery
Educational Workshops	Nutrition, cooking, behavioral change & physical wellness sessions
Mindfulness	Zero Gravity Floating Meditation, emotional healing activities
Leisure & Culture	Cairo sightseeing, movie nights, karaoke, games, party & Handicrafts
Business-Friendly	Study/Work office available during stay
Practical Comforts	Free Wi-Fi, free parking, basic







# Programs Highlights

## Education, Culture & Comfort

- Midweek Cairo Outing & Sightseeing
- Night Entertainment: Movies, Karaoke, Games
- Business/Study Office for Work or Study Needs
- Free Wi-Fi & Parking
- Basic Laundry Service

At Chefox, wellness meets joy, sisterhood, and sustainable change, all in a safe, supportive space.





# Facilities & Experience

Location: East Dream Farms, Plot 19, Abu Ghaleb  
St. off Cairo/Alex desert road, 28 km from Cairo/Alex toll station.

Accommodation: Private/Shared Rooms/Suites

On site Chefs, physiotherapist, nutritionist and life coach

4 gourmet meals/day + cooking workshops

Educational workshops

Relaxation: physiotherapy, massages, mindfulness & sleep optimization





# Client Testimonial

Chefox Camp shines with a 4.7+ rating on Google and Facebook, thanks to its loyal guests who keep coming back, and spreading the word. Their trust and enthusiasm are Chefox's strongest endorsement, turning unforgettable experiences into lasting impact.





# Client Impact & Testimonials

- **Visible Results:** Noticeable fat loss, better posture & higher energy across both programs
- **Emotional Renewal:** Guests leave feeling confident, healed & empowered
- **Lasting Habits:** Coaching builds sustainable wellness routines beyond camp
- **Sisterhood:** Strong lifelong bonds & community support
- **Culturally Rooted Comfort:** Arabic-speaking staff & inclusive environment = feels like home
- **Ongoing Support:** Post-camp follow-ups & alumni care keep you on track





# Cultural & Gulf Readiness

Arabic Speaking team

Flexible religious accommodations

Privacy focused design

Proven Success with Gulf Clients

Customizable packages for families or groups

All Halal Meals



# What Your Program Includes

- 1 to 2 Weeks Pre-course Health Program (Program Specific)
- Luxury Full Accommodation with daily housekeeping
- Medical Supervision & Full Body Analysis Report and measurements
- 4 Daily Meals + All Day Beverages
- SPA (Physio, Massage)
- Fitness Program & Fitness Classes
- Airconditioned Fitness Studio
- 350m All Natural Grass Track
- SPA services (Physio, Massage)
- Arabic/English speaking team
- Healthy Cooking Workshop
- Behavioral Change Workshops
- Physical Wellness Workshop
- Zero Gravity Floating Meditation
- Business/Study Office
- Free Wi-Fi
- Free Parking
- Basic Laundry Service
- Guest Welcome Pack
- Night Entertainment (Movie Nights, Karaoke, Games etc...)
- Mid Farm Nature Swimming Pool
- Nutrition Workshops



# Room Types



# Single Room

The Space that protects your peace.

A room made just for you , to unwind, reflect, and focus on you. It's your quiet sanctuary in the heart of Chefox

## Pricing/Person

1 Week

\$1,496 USD

2 Weeks

\$2,900 USD

3 Weeks

\$4,130 USD

4 Weeks

\$4,785 USD







# Double Deluxe Suite

Where wellness meets elegance.

Spacious, serene, and premium, a refined experience that gives you the comfort to reset, recharge, and rise.

## Pricing/Person

1 Week

\$1,402 USD

2 Weeks

\$2,620 USD

3 Weeks

\$3,870 USD

4 Weeks

\$4,487 USD





# Double Room

For the journey shared.

Cozy and calm, the perfect space for two women who want to grow, support, and inspire each other through every moment of the camp.

## Pricing/Person

1 Week

\$1,240 USD

2 Weeks

\$2,405 USD

3 Weeks

\$3,423 USD

4 Weeks

\$3,970 USD





# Triple Room

**Bonded by purpose.**

A shared space filled with laughter, energy, and determination. Designed for three strong women who push and lift each other, every step of the way.

## Pricing/Person

1 Week

\$991 USD

2 Weeks

\$1,922 USD

3 Weeks

\$2,735 USD

4 Weeks

\$3,170 USD





# Quad Room

Budget friendly, soul-rich.

A lively room that brings together like hearted women, perfect for creating memories, friendships, and a fitness journey you'll never forget.

## Pricing/Person

1 Week

\$798 USD

2 Weeks

\$1,548 USD

3 Weeks

\$2,200 USD

4 Weeks

\$2,552 USD





# Post-Camp Support:

## Transformation That Continues at Home

Your journey doesn't end when the camp does, it evolves. Through our exclusive collaboration with a leading wellness app, every Chefox guest receives a full month of continued support to sustain and deepen their progress.

- Daily Meal Plans – Tailored to your body goals and preferences
- 100 Nutritious Recipes – Delicious, simple, and Chefox-approved
- Weekly Shopping Lists – Organized and ready for effortless execution
- 24/7 Nutritionist Support – Ask questions, get personalized feedback anytime
- Exclusive Rate: \$50/month





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