



Chef Raphaël Gamon

TCMchef

HOTEL & RESORT MEDIA KIT

PERSONALIZED MENU DESIGN & TRAINING, GUEST CHEF RESIDENCY
CERTIFIED MEDICINAL COOKING CLASSES FOR GROUPS · SPA AND WELLNESS INTEGRATIONS

BIOGRAPHY



Chef Raphaël Gamon is a Swiss-trained private chef, medicinal cuisine educator, culinary medicine consultant, and author. He has over 35 years of elite private service across four continents. Born in San Francisco and raised in Switzerland in a farmhouse with Buddhist influences, he trained at the Académie Culinaire, completed further studies at Hotel Einstein in St. Gallen and the École Hôtelière de Lausanne, and after his mandatory Army duties served as private chef at the Palais Royal in Paris under French Culture Minister Jack Lang, managing a sixteen-person brigade.

He is the only private chef in the world to have trained at Eu Yan Sang International, Asia's foremost Traditional Chinese Medicine institution, and to have founded the world's first TCM-French fusion restaurant in Singapore, called TASTE. His work has been featured in TIME Magazine, Departures, Condé Nast Traveler, CNN Travel, and The Times, London. His client roster has included King Albert II of Belgium, Barbra Streisand, Armani, Dolly Parton, Governor Arnold Schwarzenegger, Cher, Kobe Bryant, and Pierre Cardin.

Most recently, he served as Executive Culinary Chef and TCM Consultant at Highlands in Bloom Recovery Center in Agoura Hills, California, one of the first US facilities to adopt a respected approach to treating clients with medicinal food over just medication. He speaks English, German, and Swiss German, and is based in Los Angeles, available worldwide.

Chef Raphaël is available to come aboard worldwide, helping to incorporate menu adaptations that specifically utilize local ingredients and cater to the tourism of each resort or venue. He is beloved by chefs and hotel staff for his mild demeanor and detail-oriented teaching and knowledge sharing on medicinal cuisine.

GUEST INSTRUCTOR RESIDENCY ONE TO SIX DAY EXPERIENCE

The one- to six-day immersive medical training can include Hotel Staff and expand to include Guests. From a one-day culinary experience to a multi-day immersive residency that touches every department of your property: The kitchen, the spa, the restaurant floor, and can be adopted as the guest experience from arrival to a final Guest Gala showing off the newly adapted culinary credentials.

WHY THIS MATTERS FOR YOUR PROPERTY

Knowledge is not just power. In hospitality, it is revenue. When your team understands the biological effect of specific foods on the body, that knowledge translates directly into guest experience quality, upsell opportunity, and repeat visits.

A CONCRETE EXAMPLE

In Southeast Asia, Chef Raphaël introduced the concept of welcoming long-haul travelers with a small cup of strong, freshly prepared ginger tea on arrival. Ginger is one of the most thoroughly documented natural aids for reducing nausea, stimulating digestion, and counteracting the circulatory fatigue that drives jet lag. Travelers who would otherwise retreat to their rooms and skip dinner entirely instead received a gentle physiological reset. The result: guests stayed up late, felt well, and chose to dine at the restaurant. A simple gesture rooted in medicinal food knowledge directly increased restaurant revenue and elevated the guest's first impression of the property.

"Knowledge of what food does to the body is a tool that benefits your revenue, your team, and every guest who walks through your door."

WHAT A RESIDENCY INCLUDES

Day One Engagement — Guest Cooking Class: Five-to-seven-hour certified medicinal cooking class for hotel guests. Groups of 8 to 40. Each participant receives a signed copy of *Cooking with Traditional Medicine* and a certificate of completion. \$150 per person, all-inclusive.

Two-Day Kitchen Team Workshop: A focused half-day with your executive chef and kitchen brigade introducing medicinal ingredient selection, preparation techniques, and practical menu applications. A genuine team-building experience that elevates the knowledge base of your entire kitchen without interrupting daily guest service.

Three-Day Spa and Wellness Integration: A collaborative session with your spa and wellness team, bridging kitchen and treatment room. Includes development of a signature welcome tea or arrival ritual tailored to your guest profile.

WHAT THIS INCLUDES

Staff Training: Front-of-house training on speaking confidently about the local medicinal properties of menu items.

Menu Consultation: Review and enhancement of existing menus with medicinal food principles.

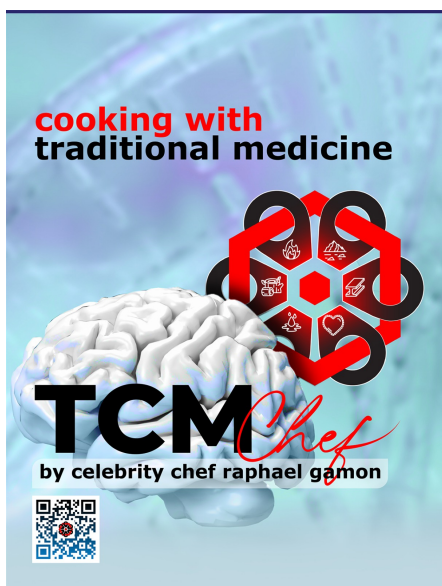
Signature Showcase for Guests: Imagine a menu designed to showcase the adapted medicinal cuisine menus as a fun and exciting Guest experience with media and press support: In-property photography, social media content, and press interviews to amplify the collaboration. \$750 for daily engagement/staff training.



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CERTIFICATE OF COMPLETION

Every participant receives a personalized certificate of completion, signed by Chef Raphaël Gamon — co-signable by the Executive Chef or General Manager — and suitable for framing.



PRICING AND FORMAT

HANDS-ON COOKING CLASS, MENU TRAINING/IMPLEMENTATION — FIVE TO SEVEN HOURS DAILY.

Hotel Staff Group Size: 4 to 20 participants. At a daily salary of \$750, this will include menu development to align with existing ingredients, and sharing cooking methods without complicating the existing workflow. This is an imperative point in my participation, and any skilled Executive Chef understands why this makes my engagement so valuable!

As part of the private lecture, the guest experience includes a TCM cookbook. I charge \$150 per attendee, which is all-inclusive: food, signed book, and certificate. The Hotel usually surcharges \$50–\$150 per person. Larger Group rates can be negotiated. Extra signed cookbooks are \$50 for the paperback and \$65 for the hardbound versions.

LANGUAGES

German, Swiss German, and English — for all other languages, translation assistance will help.

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