



Programmes

## PROGRAMMES

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### Henri Chenot Fundamental Detox Programme 7 nights EUR 3.250,00 per person

This programme consists of the unique Chenot Method of treatments and diet plan that together aim to stimulate the body to eliminate the toxins that have been accumulated over time.

Following an initial bioenergetics check up to evaluate the energy flows and blocks within the body, treatments are personalized to the needs of each individual and are monitored constantly by specialised medical personnel.

Medical consultations are compulsory at the start, during and at the end of the programme and are not included in the programme.  
EUR 200,00 (tax excluded).

The programme includes:

- Detoxifying Diet
- 2 Nutritional Consultations at start and end of programme
- 1 Body Composition Analysis
- 1 Bio-Energetic Check-up
- 4 Chenot Bio-Energetic Treatments
- 6 Chenot Energetic Massages
- 6 Hydro-Aromatherapies
- 6 Phyto-Mud Therapies
- 6 Hydro-Jet Treatments
- Free access to the gym, indoor pool, sauna and steam bath with colour therapy.





## PROGRAMMES

### **Henri Chenot Advanced Detox Programme** 7 nights EUR 3.550,00 per person

This programme aims to induce a deep purification of the tissues and to rebalance the physiological equilibrium. Following a detailed diagnostic assessment of the level of oxidative stress and the intoxication status of the body, the treatments are personalized to the needs of each individual.

Then the unique Chenot Method treatments and diet are applied.

Dietary detox supplementation protocols and administration of vitamins solutions are also followed. Specialised medical personnel monitor the treatments constantly.

Medical consultations are compulsory at the start, during and at the end of the programme and are not included in the programme. EUR 200,00 (tax excluded).

The programme includes:

- Detoxifying Diet
- Detox Dietary Supplementation
- Intoxication Screenings
- 1 Body Composition Analysis

- 1 Bio-Energetic Check-up
- 2 Nutritional Consultations at start and end of programme
- 2 Vital-Mix Solutions
- 4 Chenot Bio-Energetic Treatments
- 6 Chenot Energetic Massages
- 6 Hydro-Aromatherapies
- 6 Phyto-Mud Therapies
- 6 Hydro-Jet Treatments
- 1 Chenot Manual Lymphatic Massage
- Free access to the gym, indoor pool, sauna and steam bath with colour therapy.

## PROGRAMMES

### Henri Chenot Anti-Age and Regenerating Programme

7 nights EUR 4.564,00 per person

This programme aims to stimulate the body to restore its balance and to reset its functions. Following the state of the art diagnostics, the biological age of the different functional systems of the body is determined.

This information allows the specialized medical professionals to understand individual needs and create the plan of customized powerful and effective treatments that will trigger preventive and regenerating actions.

The unique Chenot Method treatments and diet are supported by anti-aging dietary supplementation protocols and administration of vitamins solutions.

Medical consultations are compulsory at the start, during and at the end of the programme and are not included in the programme. EUR 200,00 (tax excluded).

The programme includes:

- Detoxifying Diet
- Regenerating Dietary Supplementation
- Diagnostic Screening with Lifestyle Biomarkers
- 1 Cardiorespiratory Assessment with Fitness Consultation
- 1 Postural and Movement Assessment
- 1 Bio-Energetic Check-up
- 1 Body Composition Analysis
- 2 Nutritional Consultations at start and end of programme
- 2 Vital-Mix Solutions
- 2 Ozone Therapies
- 4 Chenot Bio-Energetic Treatments
- 6 Chenot Energetic Massages
- 6 Hydro-Aromatherapies
- 6 Phyto-Mud Therapies
- 6 Hydro-Jet Treatments
- 3 Personal Training Sessions of 60 min.
- Free access to the gym, indoor pool, sauna and steam bath with colour therapy.



## PROGRAMMES

### Metabolic Optimizing and Weight Loss Henri Chenot Programme

14 nights EUR 8.000,00  
per person

This programme aims to give a boost to metabolism, improve vitality and energy levels and promote body aesthetics and weight loss with lipolytic action. It combines the Chenot Method treatments and slimming diet with advanced technology medical aesthetic devices and exercise therapy.

The programme achieves a powerful and effective result in a short period of time. Following medical assessment, the treatments are personalized to the needs of each individual and are monitored constantly by specialised medical personnel. This programme is highly recommended

to those who want to make a boosting start to regain their body back or make a stunning appearance prior to an event.

Medical and anti-age consultations are compulsory at the start, during and at the end of the programme and are not included in the programme. EUR 200,00 per consultation. (tax excluded).

The programme includes:

- Personalised Slimming Diet
- Slimming Dietary Supplementation
- Diagnostic Screening with Lifestyle Biomarkers
- 1 Resting Metabolic Rate Assessment
- 1 Cardiorespiratory Assessment with Fitness Programme prescription
- 1 Postural and Movement Assessment
- 2 Body Composition Analysis
- 3 Nutritional Consultations at start, during and end of programme
- 4 Vital-Mix Solutions
- 2 Chenot Manual Lymphatic Massages
- 2 Chenot Energetic Massages
- 4 Chenot Abdominal or Cellulite Treatments
- 7 Hydro-Aromatherapies
- 7 Phyto-Mud Therapies
- 7 Hydro-Jet Treatments
- 6 Personal Training Sessions of 60 min.
- 4 Negative-Pressure Exercise Sessions
- 5 Lipolytic Laser Sessions
- 5 Infrared Vacuum Massages
- Free access to the gym, indoor pool, sauna and steam bath with colour therapy.





## PROGRAMMES

### Dominique Chenot SPA Wellness Programme

4 nights EUR 1.570,00

For those who wish a short break to relax, recharge their energy reserves and feel well.

It combines the Chenot Method energizing treatments with the delicious healthy Bio-Light diet that is prepared using methods that preserve the nutritional value of the ingredients of food.

Medical consultation is compulsory at the start of the programme and is not included in the programme.  
EUR 150,00 (tax excluded).

The programme includes:

- Bio-Light Diet
- 4 Chenot Energetic Massages
- 4 Hydro-Aromatherapies
- 4 Phyto-Mud Therapies
- 4 Hydro-Jet Treatments
- Free access to the gym, indoor pool, sauna and steam bath with colour therapy.

### Swing & Spa

4 nights EUR 1.170,00  
per person

This programme aims to combine your golf practice with specialized post-recovery treatments.

The treatments are personalized to the needs of each individual and are monitored constantly by specialised personnel.

The programme includes:

- 1 Postural and Movement Assessment
- 3 Sport Energetic Massages
- 3 Stretching Sessions of 30 min.
- 3 Golf Entrances
- Transfer to and back from golf course
- Free access to the gym, indoor pool, sauna and steam bath with colour therapy.



## PROGRAMMES

### Rebalance Body and Face Programme

3 nights EUR 1.260,00 per person

Facial and body treatments are combined together to provide a visible radiant difference of the face and to relieve the tension from the body allowing for deeper core breathing and balance.

The programme includes:

- Bio-Light Diet
- 1 Chenot Body Scrub
- 1 Chenot Regenerating Massage
- 1 Chenot Relaxing Massage

- 1 Ultrasonic Facial Cleansing
- 1 Facial Mesotherapy with Hyaluronic Acid session
- 2 Pilates Sessions of 45 min.
- Free access to the gym, indoor pool, sauna and steam bath with colour therapy.

A special 10% discount will be applied on any additional Aesthetic Medical Treatment.

### Fitness Programme

3 nights EUR 1.430,00 per person

This programme aims to familiarize you with your fitness performance potential, your physical strengths and weaknesses and how you can improve them to optimize your health and improve your wellbeing regardless of your age.

The treatments are personalized to the needs of each individual and are monitored constantly by specialised medical personnel.

Medical consultation with our Sports Medicine Specialist is compulsory at the start of the programme and is not included in the programme. EUR 150,00 (tax excluded).

The programme includes:

- Bio-Light Diet
- Sports Check-up Cardiorespiratory Assessment
- 1 Postural and Movement Assessment
- 1 Body Composition Analysis
- 1 Nutritional Consultation
- 2 Chenot Connective Tissue Massages

- 2 Phyto-Mud Therapies
- 2 Hydro-Jet Treatments
- 2 Personal Training Sessions of 60 min.
- Outdoor Activities
- Free access to the gym, indoor pool, sauna and steam bath with colour therapy.

### Day SPA

1 day EUR 300,00 per person

For those who feel the need to escape for a day or want to follow a programme on a day-to-day visit because they lack the time to get away for several days. It includes the delicious healthy Bio-Light Menu.

- Bio-Light Lunch
- 1 Chenot Energizing Massage of tendon and muscle tissue
- 1 Hydro-Aromatherapy with Hydro Massage
- 1 Phyto-Mud Therapy
- 1 Filiform Shower
- Free access to the gym, indoor pool, sauna and steam bath with colour therapy.