

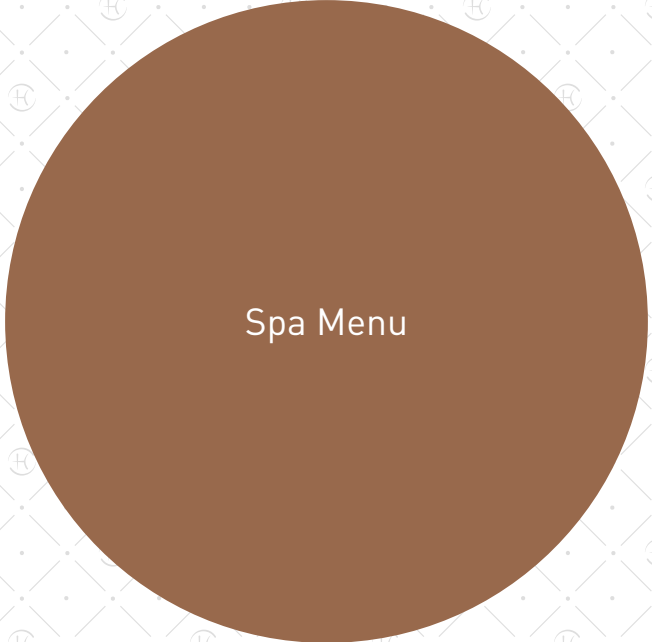


# ESPACE CHENOT

HEALTH WELLNESS SPA

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L'ALBERETA  
RELAIS & CHATEAUX  
ERBUSCO



Spa Menu



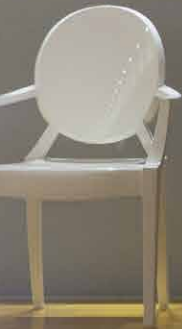
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ESPACE  
CHENOT



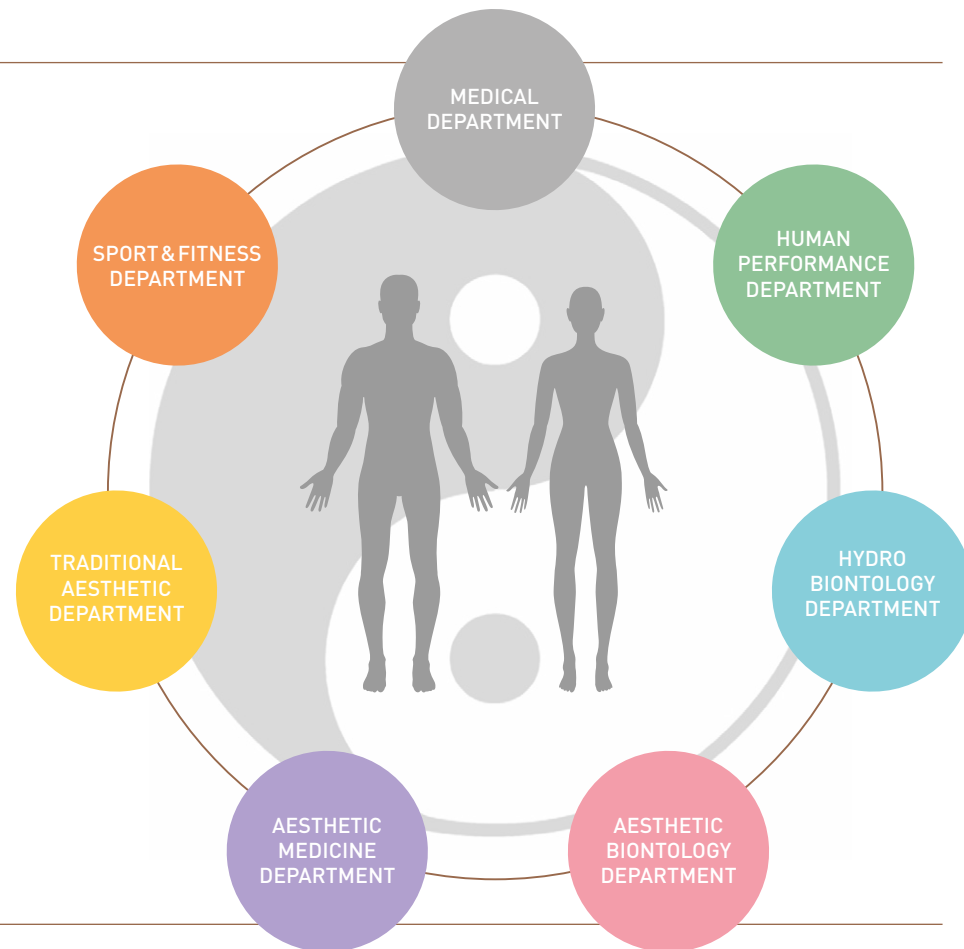
## MAINTAIN YOUR HEALTH AND IMPROVE YOUR WELLNESS FOR SUCCESSFUL AGING

After more than a decade of international success in the field of health, wellness and beauty, the Espace Chenot at L'Albereta, introduces new programmes and services that promote health, vitality and balance within the body and mind.

Introducing new state-of-art diagnostics, we adopt a multidisciplinary approach to our work.

We focus on a holistic and systemic screening method that targets to identify the current level of health and its potential within each individual.

In a complete redesigned setting, our guests can experience powerful, effective and personalised treatments that enable the body and mind to reach their optimum level, achieving an enduring long lasting effect whilst promoting optimal health, wellness and beauty.









Medical  
Department



## MEDICAL DEPARTMENT

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The medical check ups and state-of-the-art diagnostics allow the specialised medical professionals to assess the guest's current health status in a holistic and systemic method, to understand individual needs and create the plan for customised treatments.

As one's status of health is largely derived from the interaction between his genetic profile and the way of living and lifestyle, our advanced medical screening tests are focused also in the measurement of lifestyle biomarker levels.

It is our daily habits that dictate to a large extent our status of health and we therefore need to explore.

The purpose is to help guests to achieve high performance in life and work, lose weight those that need, increase their level of fitness, improve their health, their physical condition and their sporting ability.



## MEDICAL DEPARTMENT

### DIAGNOSTICS

#### Medical Consultation

30 min. EUR 150,00  
(tax excluded)

A medical doctor will review your current health status and medical history, will discuss together your needs and goals, and will prescribe you all the necessary treatments to detoxify your body and promote your health and wellbeing.

At the end of the programme our expert team of doctors will provide you with all the required lifestyle modifications that will improve your balance.

#### Anti-age and Wellness Coaching

30 min. EUR 150,00

This is a consultation with a certified anti-aging medical

doctor who will give you advanced medical guidance for ways to stay healthy, active and vital, well into the older years.

The aim of this coaching session is to establish your personalised framework for lifelong habits for healthy living and successful aging.

#### Bio-Energetic Check-Up

45 min. EUR 130,00

This involves a state-of-the-art high-tech bio-energetic screening of the vital functions of the organism through Resonance Analysis Technology.

It provides information about the energetic state of internal organs and body functions in relation to defined parameters of health.

Gaining insight and information about one's needs, an effective therapeutic personalized treatment plan is prescribed.

#### Oxidative Stress Assessment

15 min. EUR 80,00

This innovative diagnostic test measures the level of the total biological oxidation in the body against the efficacy of its own antioxidant defense systems to equilibrate the presence of oxidized toxic compounds.

When this balance is upset, a condition known as oxidative stress, the cellular damage and the ageing process can be greatly accelerated.

The test allows optimizing antioxidant treatment, monitoring its efficacy and just as importantly, avoiding the deleterious effects of antioxidant misuse.

#### Minerals and Heavy Metal Intoxication Analysis

15 min. EUR 160,00

This revolutionary non-invasive method is used to detect directly and in real time the bioavailability of trace elements and heavy metals that exist within the tissues.

Re-mineralization treatments and chelation procedures are implemented to detoxify the body.

#### Arterial Age Assessment

15 min. EUR 80,00

This non-invasive test provides an accurate and user independent method for measuring arterial function and assessing vascular aging.

This is achieved through the measurements of the stiffness of the arteries, the central blood pressure and the pulse wave reflection coming back from the arteries to the heart.

The test is as simple as a blood pressure measurement and it allows for precise individual treatments optimisation.

#### Measurement of Advanced Glycation Endproducts (AGEs)

15 min. EUR 80,00

This highly technological diagnostic test measures the tissue accumulation of Advanced Glycation Endproducts in real time.

These products play a key role in the development of age related chronic diseases.

Protein glycation is a highly acknowledged aging factor. It affects blood vessels, vital organs, alters skin quality, is responsible for sunspots, cataract, etc.

The detection of increased AGEs enables appropriate treatments and prescription for lifestyle modifications including a diet plan to break the bonds that connect proteins and sugars.

## MEDICAL DEPARTMENT DIAGNOSTICS

### Food Intolerance Test

46 aliments  
15 min. EUR 136,00  
92 aliments  
15 min. EUR 214,00  
184 aliments  
15 min. EUR 294,00

This test is designed to detect food intolerances that can cause inflammation of the bowel or numerous other problems throughout the body.

People with chronic health problems, indigestion and flatulence, weight and skin problems might well benefit from testing as shifting to a new nutrition plan may solve the problem.

### Nutritional Consultation

30 min. EUR 80,00

Based on anthropometric and diet-related data, a dietician determines your nutritional status and conducts an in-depth analysis of your daily diet.

The purpose is to highlight any errors in your diet and to help you restore your overall health and wellbeing.

### Body Composition Analysis

30 min. EUR 80,00

This test provides a highly accurate full segmental body composition analysis (in each arm, leg and trunk in the abdomen area).

Measured variables such as fat mass, muscle ass,

intracellular and extracellular water are used to set and monitor health, weight and fitness goals.

### Nutritional Consultation + Body Composition Analysis

60 min. EUR 130,00

A registered dietician will review, analyze and help you to set your realistic food plan to detoxify your body, to improve your health, to increase your energy levels and physical performance, to improve your sleep, to lose weight and body fat effectively in a safe way.



## MEDICAL DEPARTMENT TREATMENTS

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### **Bio-Energetic Treatment**

30 min. EUR 80,00

This consists of administering supportive personalized bioenergetic treatments (informational signals) through electro-dermal conductivity points on the body to assist the restoration of its energetic balance.

### **Acupuncture**

30 min. EUR 100,00

Individualized needle treatments are performed to treat various types of pain and conditions including joint pain, some respiratory illnesses, gynaecological and gastro-intestinal

disorders, certain stress, anxiety and nervous disorders, as well as sleep disturbances.

Usually a combination of body acupuncture points and points on the ear can provide a very good result.

### **Auricular Acupuncture**

30 min. EUR 100,00

Acupuncture points on the outer surface of the ear are used as an alternative approach to balance the energy within the body.

The treatment consists of the use of micro-needles, microspheres and vegetable seeds that are appropriately positioned to stimulate and rebalance body functions.

It provides numerous health benefits, such as relief from neuromuscular tension, reduction of cravings, anxiety, sleep disturbance and symptoms such as irritability and restlessness that often appear with smoking cessation and substance misuse.

### **Ozone Therapy**

Blood enrichment  
30 min. EUR 155,00  
Intra-muscular/articular injection  
15 min. EUR 100,00  
Rectal application  
15 min. EUR 70,00

This treatment aims to strengthen the immune system and the defense mechanism.

It helps the body to revitalize providing an overall rejuvenating-antiaging effect. Medical ozone is used in three different applications:

1. Blood enrichment of the guest's own blood with ozone to fight fatigue and improve detoxification.
2. Intra-muscular /articular injection to manage musculoskeletal pain with no side effects.
3. Administration of ozone through a thin catheter into the rectum to improve gut and liver functions, assisting in abdominal tension, chronic constipation and liver detox.

### **Vital-Mix Solutions**

30 min. EUR 85,00  
to EUR 125,00

Specially formulated solutions that consist of strong doses of antioxidants, vitamins and minerals in order to effectively increase the defense of the body against increased levels of free radicals and reactive oxygen species that cause accumulation of damage in the body and accelerate the aging process.

### **Hydrocolon Therapy**

50 min. EUR 130,00

This treatment consists of irrigating the large intestine (colonic irrigation) to flush out impurities from the colon and toxins, boost the energy levels and enhance the immune system.



Dott. Claudio  
Tavera

DETOX  
Henri Charot

Cure de santé

Cure de santé

Cure de santé

Cure de santé

Cure de santé



Human Performance  
Department

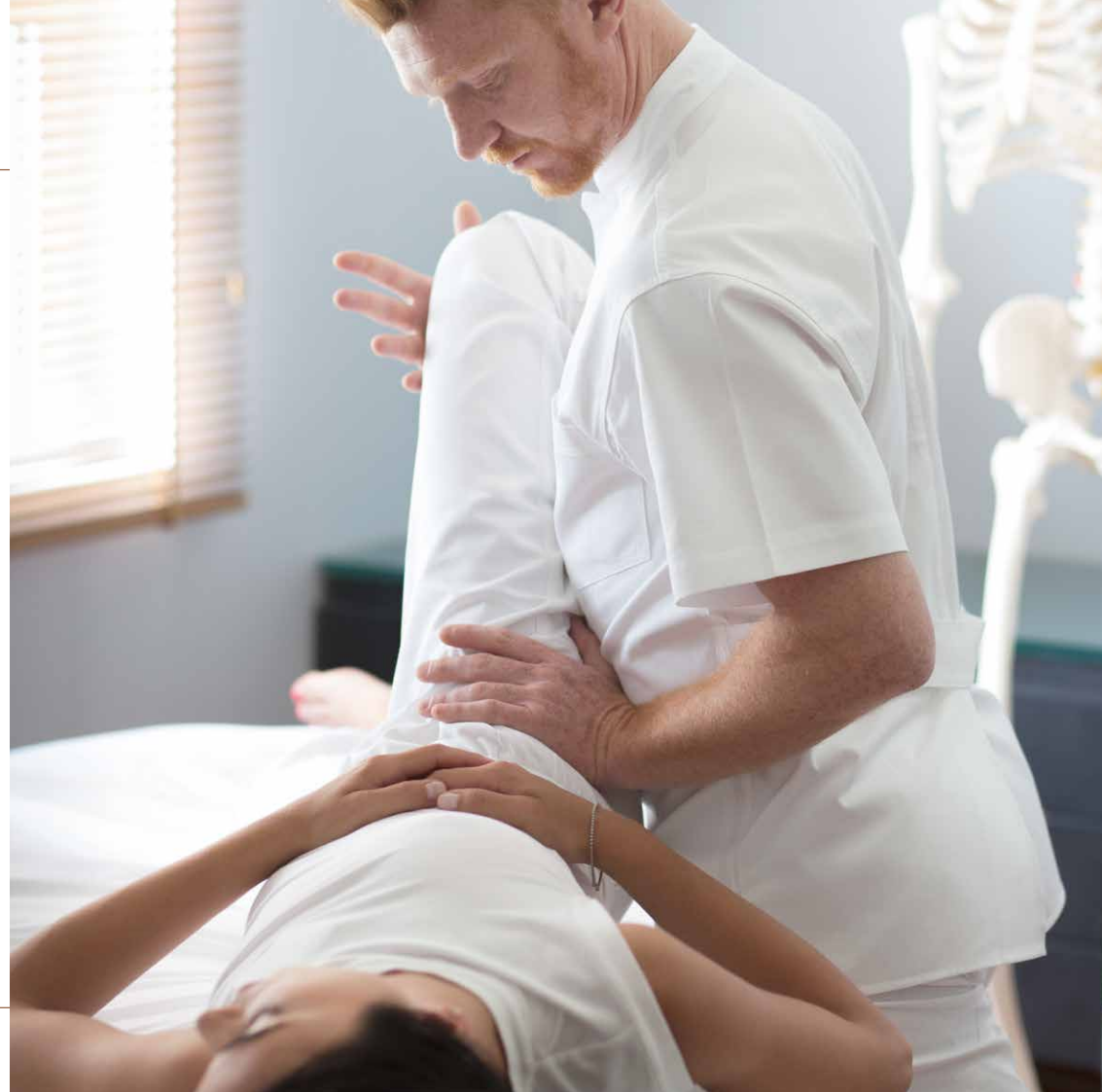


## HUMAN PERFORMANCE DEPARTMENT

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To maintain health as we age is a very important aspect in our prevention strategy but also equally important is to enhance our performance in our daily tasks, at work and in our social life.

For this reason, by measuring some of the impact that our lifestyle makes on the quality of our regeneration, is possible to modify some of our choices and habits in order to maintain and enhance our health and performance in the years to come.



## HUMAN PERFORMANCE DEPARTMENT

### Assessment of Cardio Respiratory Fitness

60 min. EUR 180,00

This is an exercise test with sophisticated equipment that analyses breath by breath how well the heart, arteries, veins and lungs are able to work together to transport oxygen to the muscles.

The results of this test provide useful information about your physiological response to exercise, identifies the possible risk factors associated with your health status and provides the base upon which a personalized fitness training programme can be prescribed to improve health, fitness level and weight loss for those in need.

### Assessment of Resting Metabolic Rate

30 min. EUR 150,00

This test measures accurately and instantaneously the energy requirements of the body when at rest.

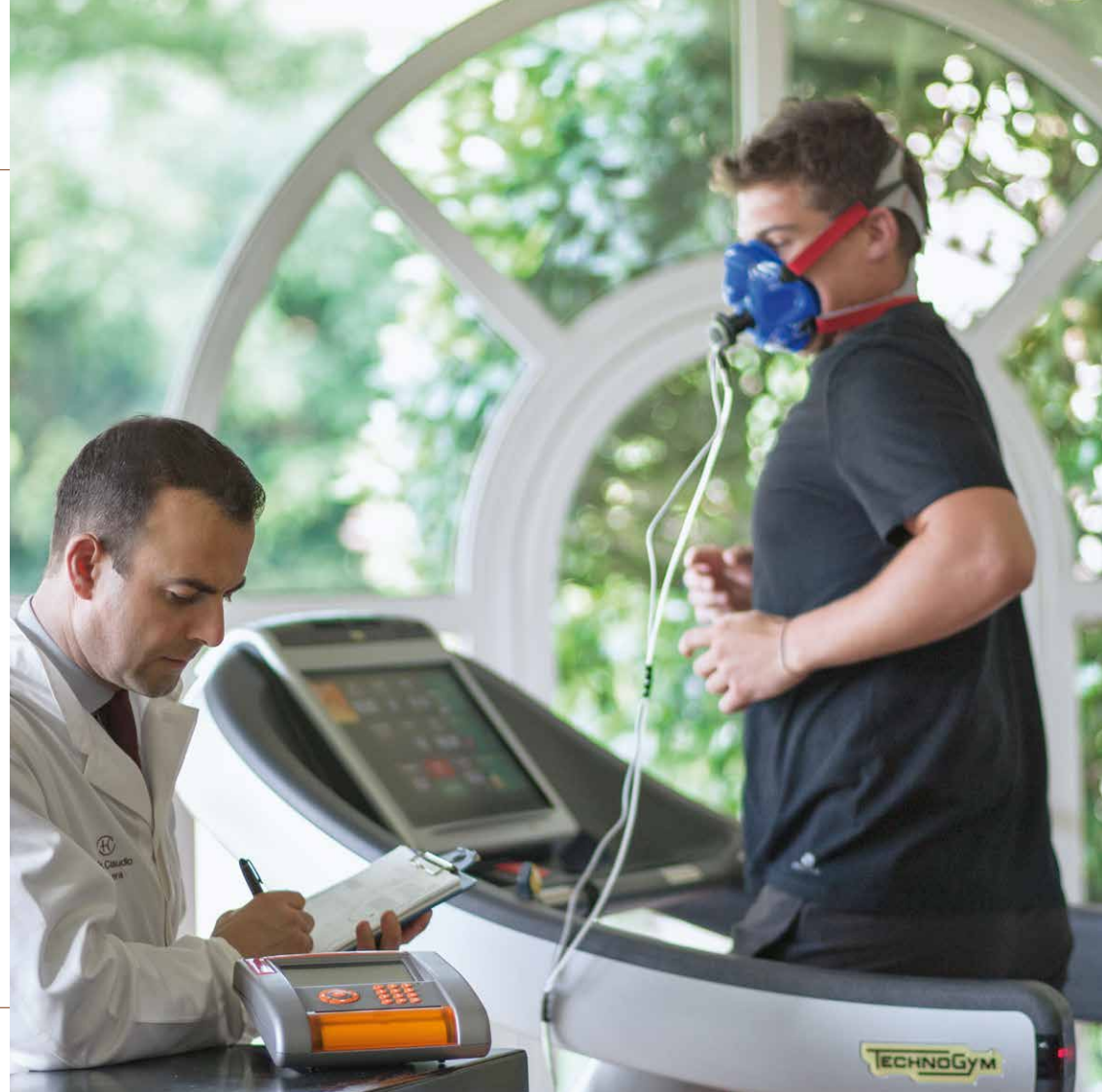
It identifies metabolism substrate utilization, allowing improved nutrition and evaluation of nutrition therapies, dietary plans and weight management.

### Postural and Movement Assessment

50 min. EUR 160,00

Postural rehabilitation is a multi-disciplinary approach to restoring correct posture.

A therapist assesses any postural imbalances caused by accumulated tension and muscle contractures, and their skilled hands perform simple manoeuvres to ease bone, muscle and joint problems and relieve the body of functional blockages.





Hydro-Biontology  
Department



## HYDRO-BIONTOLOGY DEPARTMENT

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In a renovated space rich in exclusive design, the performed treatments stimulate your circulatory and lymphatic systems through the alternation of water pressure and temperature.

Therapeutic value is enhanced with the help of essential oils, plant extracts and marine algae.

This treatment is ideal for the blood vessels, the lymph and to tone and firm the body.

## HYDRO-BIONTOLOGY DEPARTMENT

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### **Hydro-Aromatherapy**

20 min. EUR 75,00

This is a particular type of hydro massage in which a special mixture of essential oils is added to the bath water.

The variations in the water temperature and pressure are critical and combined with the thermodynamic effect of plant extracts causes the dilation and constriction of the capillaries. This action stimulates the natural physiological functions to remove toxins and fat deposits from the skin tissue. It also combats the effects of skin ageing by favouring spontaneous cell regeneration, improves skin appearance and its overall peripheral blood and lymphatic circulation.

The Hydro-Aromatherapy is a genuine rehabilitative treatment that tones and strengthens the skin, balances the body fluids and energy, relaxing both body and mind.

### **Phyto-Mud Therapy**

20 min. EUR 85,00

This involves the application of a body wrap that consists of a mixture of white or green clay, enriched with microalgae and pure essential oils.

The combined effect of essential oils and minerals further drains, detoxifies and revitalises the body, and is helpful to eliminate physical/muscular and psychological /stress tension.

### **Hydro-Jet Treatment**

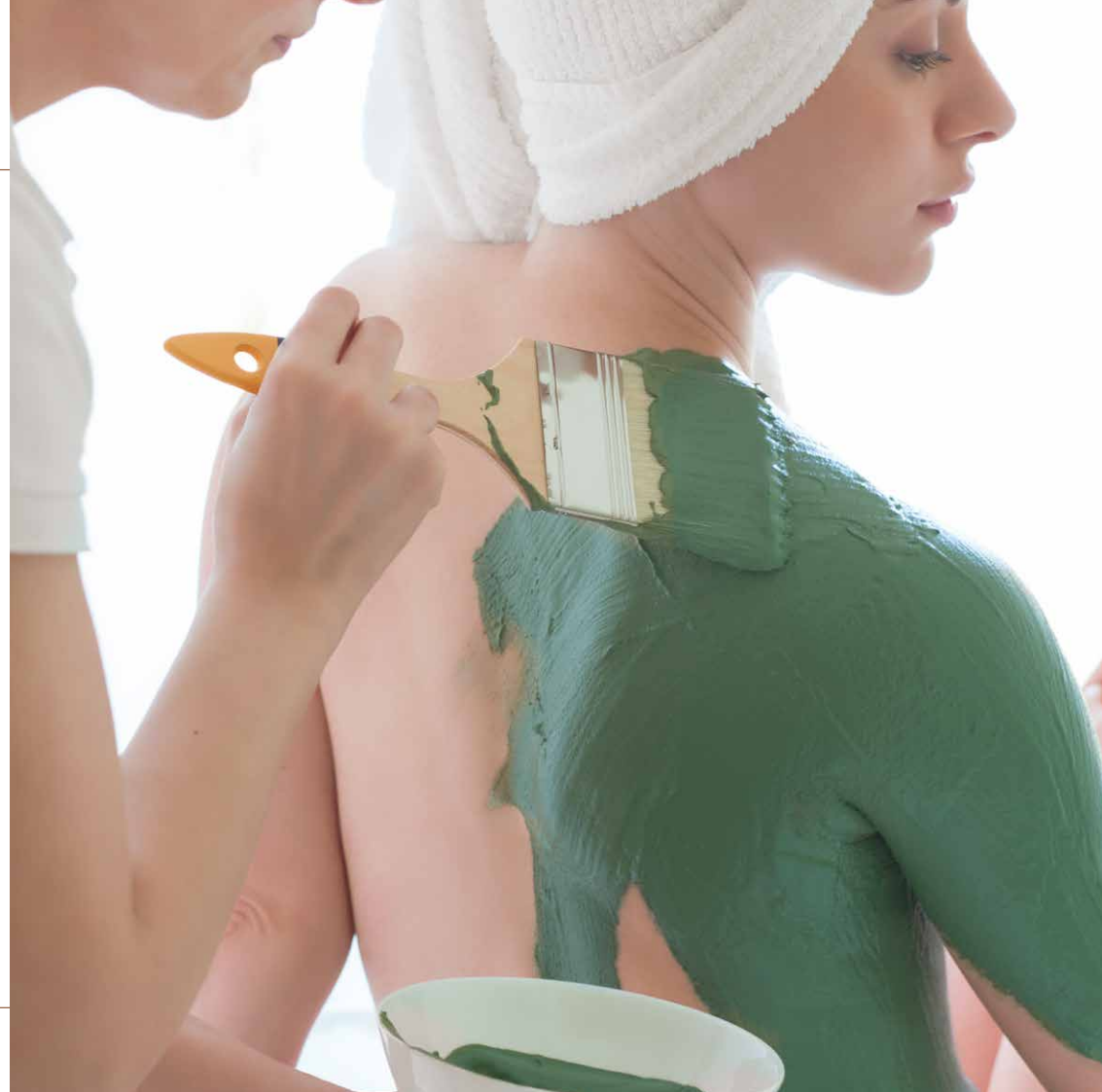
In this final treatment, a pressure-jet adds a cold mechanical action to the thermal stimulus, to improve toning and firming actions on the skin, to increase the metabolic rate, and further to improve the peripheral circulation and to restore energy and vitality of the body.

### **Complete Hydro-Aroma, Phyto-Mud Therapy and Hydro-Jet**

50 min. EUR 155,00

### **Phyto-Mud and Hydro-Jet**

30 min. EUR 90,00

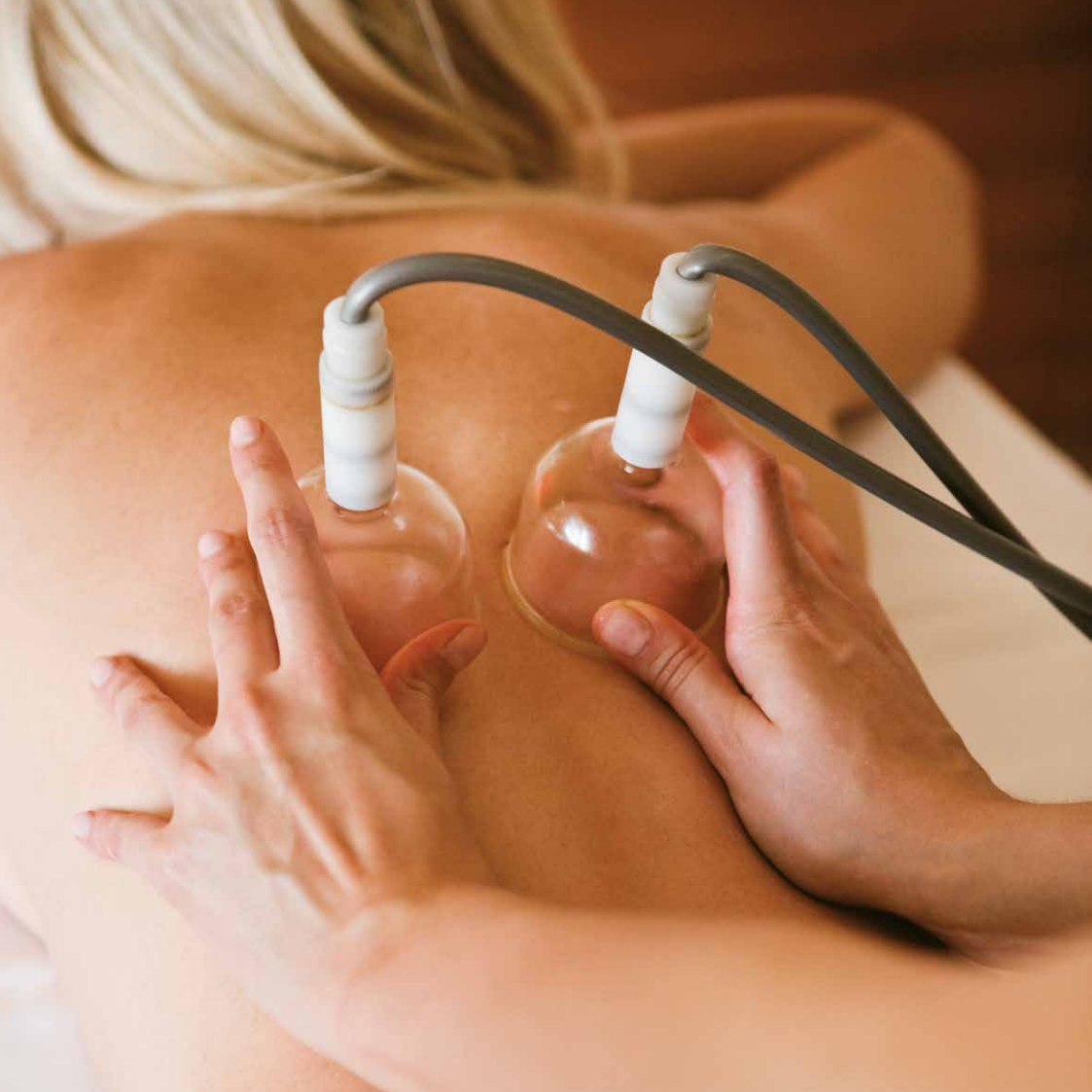








Aesthetic Biontology  
Department



## AESTHETIC BIONTOLOGY DEPARTMENT

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Detoxify, revitalize and rejuvenate yourself with a selection of personalized aesthetic body and facial treatments based on the Chenot Method.

Rediscover the beauty that is within you through specific treatments that use the latest available non-invasive aesthetic technology devices in the world.

## AESTHETIC BIONTOLOGY DEPARTMENT

### BODY TREATMENTS

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#### **Chenot Detox Massage**

50 min. EUR 130,00

In this fundamental first-step treatment, with the aid of specific techniques and highly detoxifying products, deep toxins are drained towards collection points in the excretory system.

The combined action of manual techniques and a specific suction cup-device accelerates in a wave-like movement the body fluids, thereby facilitating the elimination of toxins and consequently stimulating cellular regeneration.

#### **Benefits**

Draining and detoxifying.  
Stimulating, rejuvenating and energizing.

#### **Chenot Energetic Massage**

50 min. EUR 130,00

This treatment aims to relieve and clear the energy flow in the meridians.

With the help of suction cups it re-equilibrates the energetic circulation, lymphatic system, and improves blood circulation promoting extraordinary sense of well-being.

#### **Benefits**

Draining and detoxifying.  
Stimulating and regenerating.

#### **Chenot Relaxing Massage**

50 min. EUR 130,00

This unique body massage promotes physical and mental relaxation for a profound feeling of well-being according to the energetic concept that is founded in the Chenot Method.

This helps relax muscles and frees the mind, helping to recuperate after extensive physical or mental effort.

#### **Benefits**

Deconstructing and anti-stress effect.

#### **Chenot Connective Tissue Massage**

50 min. EUR 130,00

A deep massage of muscular tissue designed to release deep, chronic tensions that are often due to muscle inflammation.

This helps to relax muscles, to unclog tissues and to promote oxygenation.

#### **Benefits**

Improves body's posture by restoring the length and alignment of the muscles and tissues.

#### **Chenot Lymphatic Manual Massage**

50 min. EUR 130,00

Lymphatic drainage is a delicate, soft harmonious treatment that is performed in a rhythmic way.

It is exceptionally relaxing, it improves the circulation of fluids in the body, it promotes the elimination of stagnant lymph tissues and strengthens the immune system.

#### **Benefits**

Feeling of lightness, reduced leg edema and water retention.

#### **Chenot Foot and Hand Reflex Treatment**

50 min. EUR 130,00

This energizing therapy allows your body to rebalance itself through deep massage and stimulation of acupuncture points of the hands and feet and also helps to reduce stiffness and maintain the flexibility of the foot and hand joints.

#### **Benefits**

Improves the blood circulation to the hands and feet and energizes the internal organs through the activation of meridians. Pain relieve and anti-stress effect.



## AESTHETIC BIONTOLOGY DEPARTMENT BODY TREATMENTS

### **Chenot Plantar Reflexology**

50 min. EUR 130,00

A reflexology technique that uses massage to apply pressure to specific points on the foot in order to restore balance in the whole body.

Working on specific areas of the foot stimulates the corresponding organs, just as if they were actually being touched and massaged, improving their function and restoring natural balance.

#### **Benefits**

Leads to the improvement of three main areas: congestion, inflammation and tension.

### **Chenot Draining Prenatal Massage**

50 min. EUR 130,00

This relaxing massage is specially designed for pregnant women. It reduces muscular pain in the lower back, relaxes the legs and feet, and also improves blood and lymphatic circulation.

#### **Benefits**

Eases muscular discomforts in areas such as the lower back and neck, calf cramps, and also helps with tension and tightening of the body.

### **Chenot Scalp Treatment**

50 min. EUR 130,00

This treatment involves manual stimulation of the scalp, through the use of a vibrating device and the application of essential oils, which are useful in improving blood and energetic circulation and promoting greater tissue oxygenation.

The goal is to release the compression and tension in the cranial, neck and shoulder areas, that alleviates stress and pain.

#### **Benefits**

Excellent relaxing and soothing anti-stress treatment and cervical-facial stress. Helps those suffering from migraine and headaches.



## AESTHETIC BIONTOLOGY DEPARTMENT

### BODY TREATMENTS

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#### **Chenot Cellulite Treatment**

50 min. EUR 130,00

This treatment involves drainage and a deep massage of the targeted areas with the aid of Cellutec®; this allows a better absorption of the essential oils and algae that are used to accelerate the removal of the deposited cellulite.

#### **Benefits**

Increases blood circulation and improves the elimination of toxins and metabolic wastes that cause cellulite.

#### **Chenot Abdominal Treatment**

50 min. EUR 130,00

This treatment consists of a gentle but deep manual massage in the abdomen area that moves toxins out of the body and improves bowel function.

Combined with the electrical stimulation of energy points frees the abdomen from swelling and helps to mobilize fat.

#### **Benefits**

Improves bowel function and the elimination of toxins and metabolic wastes.

#### **Chenot Regenerating Treatment**

50 min. EUR 130,00

The body is designed to release 70% of its toxins through breathing. Effectively breathing helps the body to release its toxins. Correspondingly, when the body is tense develops constraints, the muscles get tight and breathing becomes shallow. When the breathing is shallow, the person is not getting the amount of oxygen that is needed. This treatment is designed to optimize breathing by opening the diaphragm, and ultimately, it de-contracts and relieves the tensions.

#### **Benefits**

Promotes deeper and easier breathing.

#### **Chenot Breast Treatment**

50 min. EUR 130,00

This is a treatment that takes care of the skin of the breasts that needs toning, firming, hydration and anti-aging protection. It also drains the area from toxins and, combined with electrical stimulation of energy points, it strengthens the pectoral muscles.

#### **Benefits**

Better alignment, posture, relaxation, and upper back pain issues. Makes skin soft, supple and resilient.

#### **Chenot Tonic Massage**

50 min. EUR 130,00

Wake up your energy with this signature treatment that tones the body, relieves mind tension, and erases fatigue.

This deeply relaxing head-to-toe massage treats your body with powerful rhythmic sequences designed to let you feeling rebalanced and recharged.

#### **Benefits**

Body and mind de-stress, calming and soothing action. Excellent in regaining energy and vitality.

## AESTHETIC BIONTOLOGY DEPARTMENT FACIAL TREATMENTS

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### **Chenot Purifying Detox Treatment**

50 min. EUR 135,00

This is a detoxifying and exfoliating treatment that promotes cell renewal and restructure in the epidermis.

This deep-cleansing treatment removes impurities and helps to energize dull skin by removing metabolic waste that has accumulated over time in the tissues. The skin becomes healthy and radiant.

#### **Benefits**

Purified, invigorated, smooth and fresh skin.

### **Chenot Illuminating and Nourishing Treatment**

50 min. EUR 135,00

This treatment is aimed to provide the skin with nourishment and hydration with the use of specialized products that balance the tissue with the vitamins and minerals that it needs.

The energetic massage stimulates the connective tissue and improves the flow of energy to bring vitality and radiance to the skin.

#### **Benefits**

Zero imperfections, a relaxed face with a moisturized complexion.

### **Chenot Anti-Aging Regenerating Treatment**

50 min. EUR 135,00

This treatment consists of special massage techniques combined with electrical stimulation that work in synergy at the cellular level in order to stimulate the skin's natural defense and to neutralize free radicals.

It improves skin elasticity and firmness and prevents sagging. This treatment is excellent for mature and dehydrated skin.

#### **Benefits**

Fresher, fuller, toned and firmer skin.



## AESTHETIC BIONTOLOGY DEPARTMENT

### FACIAL TREATMENTS

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#### **Chenot Facial Drainage Massage**

50 min. EUR 135,00

This treatment is designed to promote a radiant complexion, softer facial contours, and tone the skin.

By activating the lymphatic system, the drainage massage has a decongestant effect, leaving eyelids less swollen and the entire face more luminous.

#### **Benefits**

Reduces puffiness and decreases bruising and recovery time following surgery.

#### **Chenot Neck, Arm and Décolleté Treatment**

50 min. EUR 135,00

This treatment restores tone and firmness to the tissues of the neck, décolleté and arms due to the action of a specially formulated blend of pure and natural essential oils that is combined with the Chenot drainage technique and electrical stimulation.

Vibration with a device helps to tone up the tissues.

#### **Benefits**

Improved tone and hydration in the treated areas.

#### **Chenot Face and Head Massage**

50 min. EUR 135,00

This treatment stimulates the energy points and zones of the head in a very effective method in order to alleviate tension and relax the scalp and facial areas, to remove the lymph from the head, to smooth wrinkles and to restore the skin's elasticity.

#### **Benefits**

Improves blood circulation to reduce wrinkles and restore tone in the face.

#### **Chenot Eye Treatment**

30 min. EUR 95,00

This exclusive treatment for the eye area uses a combination of active ingredients that are rich in minerals and vitamins.

The treatment consists of the application of decongestants and corrective actions that ensure optimal hydration and multi-active protection of this delicate and sensitive skin.

The result alleviates signs of fatigue, swelling, bags and dark circles under the eyes.

#### **Benefits**

Leaves a relaxed and radiant eye area with greatly reduced fine lines.

#### **Chenot Men's Facial Treatment**

50 min. EUR 135,00

This treatment has been carefully created through expert men's skin knowledge.

It starts with a deep cleanse and exfoliation followed by a precise massage designed to stimulate cell renewing process and to counteract aging.

#### **Benefits**

Deeply relaxing and anti-aging, it revives and oxygenates the skin, achieving a healthy younger look.

The background is a solid purple color with a repeating pattern of small, light-colored geometric shapes (a diamond with a dot in the center) and a stylized symbol. A large, white, solid circle is positioned on the right side of the image, containing the text.

Aesthetic Medicine  
Department



## AESTHETIC MEDICINE DEPARTMENT

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Natural look, safe and customized treatments are the key words of the treatment philosophy and practice.

Promoting the beauty and aesthetics in the years to live through a strong healthy body and mind, the guest can rediscover the beauty that is within him.

Using the latest medical aesthetic technological devices in the world a selection of specific treatments is available.

**Roberto Dell'Avanzato, Ph. D.**  
Medical Spa Director

## AESTHETIC MEDICINE DEPARTMENT

### AESTHETIC MEDICINE TREATMENTS

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#### Medical Consultation for Aesthetic Medicine

30 min. EUR 130,00  
(tax excluded)

During the examination, a doctor will present and discuss with you the most advanced medical and aesthetic methods and the necessary treatments to promote your health and wellbeing, thereby creating a customized protocol for each patient.

#### Absorbable Biostimulating Threads

30 min. EUR 1000,00  
for 6 threads + EUR 100,00  
for each extra thread

Extra-fine biostimulating threads are positioned painlessly under the skin, obtaining an immediate firming and tightening effect and long-term rejuvenation.

The average absorption time for the threads is 6 months.

#### Botulinum

15/30 min.  
EUR 350,00 small area  
EUR 600,00 full face  
EUR 900,00 armpits or  
hands or feet

To reduce wrinkles on the face and neck. Botulinum toxin can stop the production of excessive sweat (hyperhidrosis) in the sweat glands of the palms, armpits and feet, which often has a significant social and psychological impact.

#### Hyaluronic Acid Filler

15 min. EUR 400,00  
per vial

Different kinds of hyaluronic acid are used for lip contouring and augmentation, to reduce facial wrinkles, to restore lost volume to cheekbones, chin and cheeks and for the treatment of superficial wrinkles around the mouth "barcode", eyes "crow's feet", chin and neck.

#### Nose remodelling or Rhino-filler

15 min EUR 700,00

#### For remodelling hands, buttocks, calves, scars

30 min  
EUR 700,00 scars  
EUR 1500,00 hands, calves  
EUR 2500,00 buttocks

#### Peeling

##### Fruit Acid Peel (Glycolic Acid)

15 min. EUR 300,00

This is the most used "social peel" as it is highly effective and gives immediately visible results.

##### TCA Peel

15 min. EUR 450,00

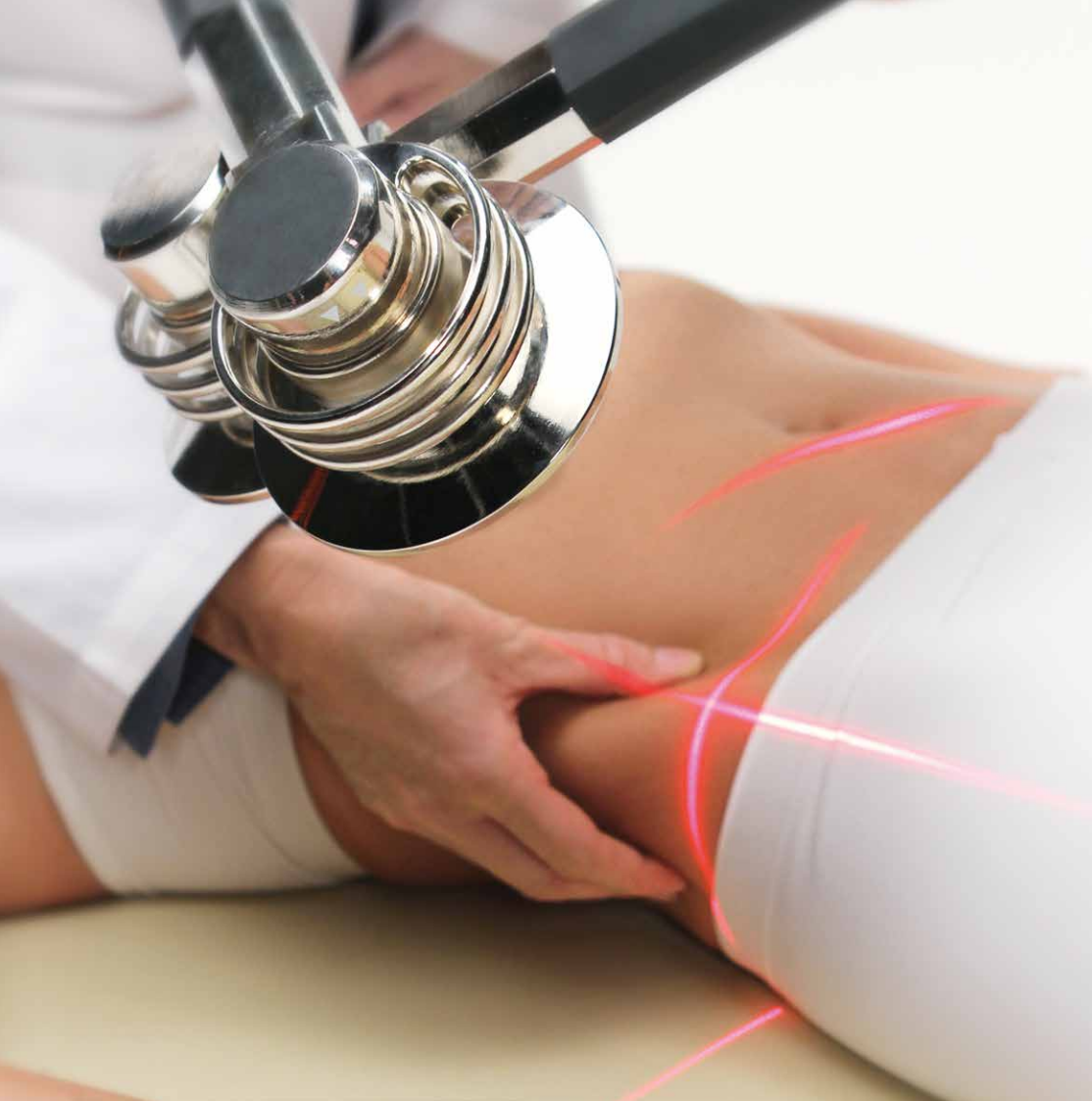
A highly effective peeling with a light exfoliation gives immediately visible results.

#### Derma roller or Needling

15 min. EUR 300,00  
Vials not included.

A special medical instrument is used to destroy old collagen and stimulate the natural production of new collagen in areas prone to photo-aging and chrono-aging, acne scars and stretch marks.





## AESTHETIC MEDICINE DEPARTMENT AESTHETIC MEDICINE TREATMENTS

### Mesotherapy

Face, neck, cleavage, hands: mesotherapy promotes either the biostimulation of the dermis to produce elastin, collagen and Hyaluronic Acid, as well as biorevitalization, which hydrates the dermis, with the normalization of sebaceous glands and elimination of free radicals.

### Hair

15 min. EUR 450,00

Involves microinjections of biostimulating revitalizing products, poly-vitamins and antioxidants, with the formation of new blood vessels that carry an increased supply of nutrients.

### Cellulite

15 min. EUR 200,00  
per vial (2 ml)

The treatment involves the use of products that are chosen according to the characteristics of the cellulite (oedematous, fibrotic, or oedematous-fibro- sclerotic).

### Mesotherapy with Hyaluronic Acid

15 min. EUR 300,00  
per vial (1 ml)

### Mesotherapy with NCTF

15 min. EUR 300,00  
per vial (3 ml)

### Endolift Laser

30 min. EUR 2000,00  
per area

An innovative optical Laser fiber, as thin as a human hair, is applied under the skin and used to treat early stages of cutaneous laxity in both the face (under the chin, jawline, neck, mid-face, lower eyelids) and the body (under arms, inner thighs, abdomen and knees).

The treatment is almost completely pain-free and does not require any anesthetic.

## AESTHETIC MEDICINE DEPARTMENT

### AESTHETIC MEDICINE TREATMENTS

#### **Injections for the Treatment of Localized Adiposity**

15 min. EUR 350,00  
per area (10x10 cm)

This method uses a lipolytic drug capable of permanently dissolving fat deposits. A single injection is required for each area of localized fat as large as the palm of a hand (10x10 cm). The treatment is painless, though a slight tingling or burning sensation that lasts a few minutes can be felt. A drainage massage is performed after the treatment to eliminate the dissolved fat. The treatment can be repeated three times in a week, allowing a portion of fat to be dissolved during each session. For a few days following treatment, slight swelling and soreness

may be experienced around the treated area, although it is short-lasting.

#### **Vascular Lesions: capillaries and haemangiomas on the face and body**

**Sclerotherapy**  
15/30 min. EUR 200,00

**Laser**  
EUR 500,00

This treatment eliminates unattractive red/purple capillaries from the face and body.

**Age Spots**  
15 min. EUR 250,00-400,00

**Skin Growths**  
15/30 min.  
EUR 400,00 first lesion  
EUR 100,00 each successive lesion  
(max EUR 1000,00)

Skin growths such as fibromas, papillomas and palpebral xanthelasma can be eliminated by Laser, without any anesthetic or pain.

**Active Acne**  
15/30 min. EUR 600,00

The diode Laser treatment with IndoCyanine Green (ICG) has a Photodynamic effect on active acne. Represent the most advanced therapy for this pathology.

**Unfractional Rejuvenation of the face, neck, hands, body, superficial acne scars and stretch marks**  
EUR 400,00-600,00

The Laser stimulate the production of collagen and elastic fibers, both in young skin damaged

by photo-aging and more mature skin marked by chrono-aging.

**Fractional Rejuvenation of the face, neck, hands, body, strong acne scars and stretch marks**  
EUR 1200,00

A Laser with a fractional scanner which is modulated for soft-resurfacing, create a series of small spots of high-intensity light on the dermis, to regenerate the skin and stimulate collagen for several months. The results are progressively visible over the following weeks.

**Electroporation**  
10 min. EUR 150,00 small areas  
20 min. EUR 200,00 face  
40 min. EUR 300,00 face, neck, décolleté  
40 min. EUR 300,00 body

Electroporation permits the transdermal diffusion of active ingredients contained in the products associated allowing a reduction of the wrinkles of the face, neck, décolleté and hands, the improvement of the blemishes of cellulite, the correction of skin laxity of the inner arms, inner thighs and abdomen, the remodeling of stretch marks and scars and the toning of breast and gluteus. The treatment, not invasive and painless, produces immediate and obvious results with a more toned and hydrated appearance, giving to face and body a younger and fresh aspect from the first session.

**Photobiomodulation LED**  
20 min. EUR 300,00

Multi-colored LED light therapy without pain and side effects for a sweet facial and body treatment to rejuvenate, slim, tone and purify all types and colors of skin. By synergy of different wavelengths with specific products, the skin of face becomes softer and smoother, with a reduction of fine lines, wrinkles, hyper-pigmentation and dark spots. The body is reshaped and toned with an adjuvant effect in the reduction of cellulite and fat. The treatment nourishes and oxygenates the scalp with a rebalancing activity on oily, impure and acne-prone skin.



## AESTHETIC MEDICINE DEPARTMENT ADVANCED AESTHETIC TECHNOLOGY FACIAL TREATMENTS

### **Ultrasonic Facial Cleansing**

50 min. EUR 180,00

Ultrasonic facials deep-cleanse the skin, leaving it smooth and luminous. The combined action of ultrasound technology and vibrations removes any residues of makeup, dirt or smog, guaranteeing a fresher and brighter looking face.

Suitable for all skin types, from the most sensitive and delicate to those which are normal, dry, oily or acne-prone.

#### **Benefits**

Improves skin texture and compactness, reduces redness and restores its natural balance in dry and oily areas.

### **Intracutaneous Oxygen**

50 min. EUR 300,00

A revitalizing treatment consisting of pressurized oxygen used to infuse a serum of hyaluronic acid, antioxidants, green tea, aloe vera and vitamins A, C and E to the deeper layers of the dermis. Suitable for dehydrated, lifeless, acne-prone skin and for rosacea.

#### **Benefits**

Immediate lifting effect. It improves skin texture, hydrates, firms, softens fine lines and reduces age spots and imperfections.

### **Bipolar Radiofrequency Facial**

30 min. EUR 165,00  
3 sessions EUR 400,00

It is one of the most innovative treatments to

counteract loss of skin tone and wrinkles. The deep and uniform heating action causes an immediate shortening of collagen and elastin fibers, stimulating the fibroblasts to produce "young" new collagen.

#### **Benefits**

Visibly relaxed and firm skin.

### **Newlift Facial**

30 min. EUR 300,00  
per session

Treatment for an advanced facial rejuvenation that use the diode Laser's capacity to biostimulate and remodel the skin.

#### **Benefits**

Improves skin texture, for a visibly younger-looking skin.



## AESTHETIC MEDICINE DEPARTMENT

### ADVANCED AESTHETIC TECHNOLOGY BODY TREATMENTS

#### Velashape

30 min. EUR 190,00  
3 sessions EUR 500,00

Velashape is an innovative piece of equipment that combines bipolar radiofrequency, infrared light, vacuum suction and mechanical body massage. It has proven to be extremely successful in treating cellulite and local fat pockets in a safe, non-invasive way.

The treatment is particularly suitable for reshaping your body after pregnancy or liposuction treatments.

#### Benefits

A smoother and tighter looking skin, along with a considerable reduction in your circumference, fat pockets and cellulite.

#### Lapex®

30 min. EUR 110,00  
3 sessions EUR 300,00  
5 sessions EUR 450,00  
10 sessions EUR 850,00

Third-generation of non-invasive diode Laser, which reduces fat deposits on the arms, legs, abdomen and hips. The Laser, applied through probes placed on points of the lymphatic system and on the areas to remodel, deeply penetrates the epidermis and reduces the size of fat cells. It is essential to combine the Laser sessions with physical exercise in order to stimulate the lymphatic system to eliminate fat molecules budged by the Laser.

#### Benefits

Reduced and reshaped silhouette, firmer skin, reduced orange peel.

#### Zerona®

40 min. EUR 200,00

Zerona is the only non-invasive Laser in the world approved in 2010 by the American FDA (Food and Drug Administration): the Laser is used for body sculpting specific areas of the body (waist, abdomen, hips and thighs), without pain or any required rest time, using no needles or surgery. Zerona can be used on all parts of the body where there is excess fat under the skin, and especially areas that are resistant to diet and exercise. Zerona does not destroy fat cells, but empties them of their contents, which are then eliminated, although some of the free fatty acids can be used directly by the body as energy.

#### Benefits

Reduces the circumference of the waist, hips, thighs and abdomen without surgery, remodels the silhouette.

#### Millennium®

40 min. EUR 120,00  
3 sessions EUR 300,00  
5 sessions EUR 515,00

Through electrical impulses delivered to the muscles it is possible to provoke a rapid succession of muscle contractions. This innovative treatment gives immediate results.

#### Benefits

Targeted toning of the muscle fibers, only where required. Firms the muscles, remodels the figure. Lymphatic and venous drainage, treats fluid retention, cellulite and swelling. Prevents localised flaws caused by circulatory problems.

#### Nanocell

30 min. EUR 150,00

The Nanocell is an innovative machine that permits the deep drainage of fluids thanks to the deep stimulation produced by the vacuum, as well as reducing adiposity with the combined use of a LipoLaser, and toning and tightening the tissues through the use of radio frequency. Indicated areas: upper thighs, buttocks, abdomen, arms, back.

#### Benefits

Improves body contour, gives an immediate result that can be measured after each session.

#### Bipolar Radiofrequency Body

30 min. EUR 165,00  
3 session EUR 400,00

Bipolar Radiofrequency Body is beneficial in treating loose skin, cellulite and stretch marks. It is a non-invasive, painless, fast and effective procedure that reduces the fat cell volume and stimulates collagen and fibroblasts.

#### Benefits

Toning and remodelling. Improves the elasticity of atonic skin.

#### Newlift Body

60 min. EUR 300,00  
per session

#### Plus

For the treatment of cutaneous laxity of arms, legs and abdomen.

#### Slim

For the treatment of cellulite and localized adiposity.





Traditional Aesthetic  
Department



## TRADITIONAL AESTHETIC DEPARTMENT

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Beauty salon provides professional services to make your look impeccable.

Get that frizzy hair properly tamed, wax that superfluous hair, or discover the joy of a simple pedicure.

Looking good and just feel great!

## TRADITIONAL AESTHETIC DEPARTMENT

### Body Scrub

40 min. EUR 130,00

Micro-granules of salt and spirulina extract gently remove dead cells from the epidermis and stimulate natural skin renewal.

Essential oils of lavender and ylang ylang restore natural balance and induce relaxation.

The gentle “warm waves” produced by the water mattress pamper and envelop the body and mind.

### Benefits

Smooth, luminous, elastic and silky soft skin.

### Aesthetic Manicure

Minimum 50 min.  
EUR 40,00

### Aesthetic Manicure with Nail Polish

EUR 50,00

### French Manicure

Minimum 50 min.  
EUR 50,00

### Aesthetic Pedicure

Minimum 50 min.  
EUR 60,00

### Aesthetic Pedicure with Nail Polish

EUR 70,00

### Hand Spa Treatment

50 min. EUR 65,00

Following a scented skin-softening hand soak and delicate peeling with a smoothing effect,

a leisurely anti-stress massage will renourish and soften the hands, wrists and arms.

The nails are polished at the end of the treatment.

### Foot Spa Treatment

50 min. EUR 65,00

A relaxing foot bath to prepare the skin, followed by a natural deep cleansing peel. Your feet are now ready to enjoy the benefits of a nourishing and moisturizing rebalancing mask.

The nails are polished at the end of the treatment.

### Paraffin

30 min. EUR 40,00

A paraffin treatment is ideal for treating joint inflammation; it falls into the category of thermotherapy treatments as it stimulates blood circulation.

### Benefits

Relieves muscle spasms, improves the elasticity of connective tissues.

### Semi-Permanent Nail Polish Application

Minimum 30 min.  
EUR 60,00

### Semi-Permanent Nail Polish Removal

Minimum 30 min.  
EUR 30,00

### Depilation With Hot Wax

#### Arms

30 min. EUR 40,00

#### Full-Leg + Bikini-Line

45 min. EUR 80,00

#### Half-Leg

30 min. EUR 40,00

#### Half-Leg + Bikini-Line

30 min. EUR 50,00

#### Underarm

20 min. EUR 30,00

#### Brazilian Bikini-Line

30 min. EUR 40,00

#### Full Bikini-Line

30 min. EUR 50,00

#### Moustache or Sideboards

20 min. EUR 20,00

#### Back Wax for Men

30 min. EUR 50,00

### Chest Wax for Men

30 min. EUR 60,00

### Make-up

50 min. EUR 100,00

### Semi-Permanent and Permanent Make-up

Upon Request

### Full Lip Shading

EUR 500,00

### Eyebrows

EUR 500,00

### Eye Liner - Upper

EUR 500,00

### Eye Liner - Upper and Lower

EUR 500,00

### Eyelash Thickening - Upper

EUR 500,00

### Eyelash Thickening Upper and Lower

EUR 500,00



Sport & Fitness  
Department

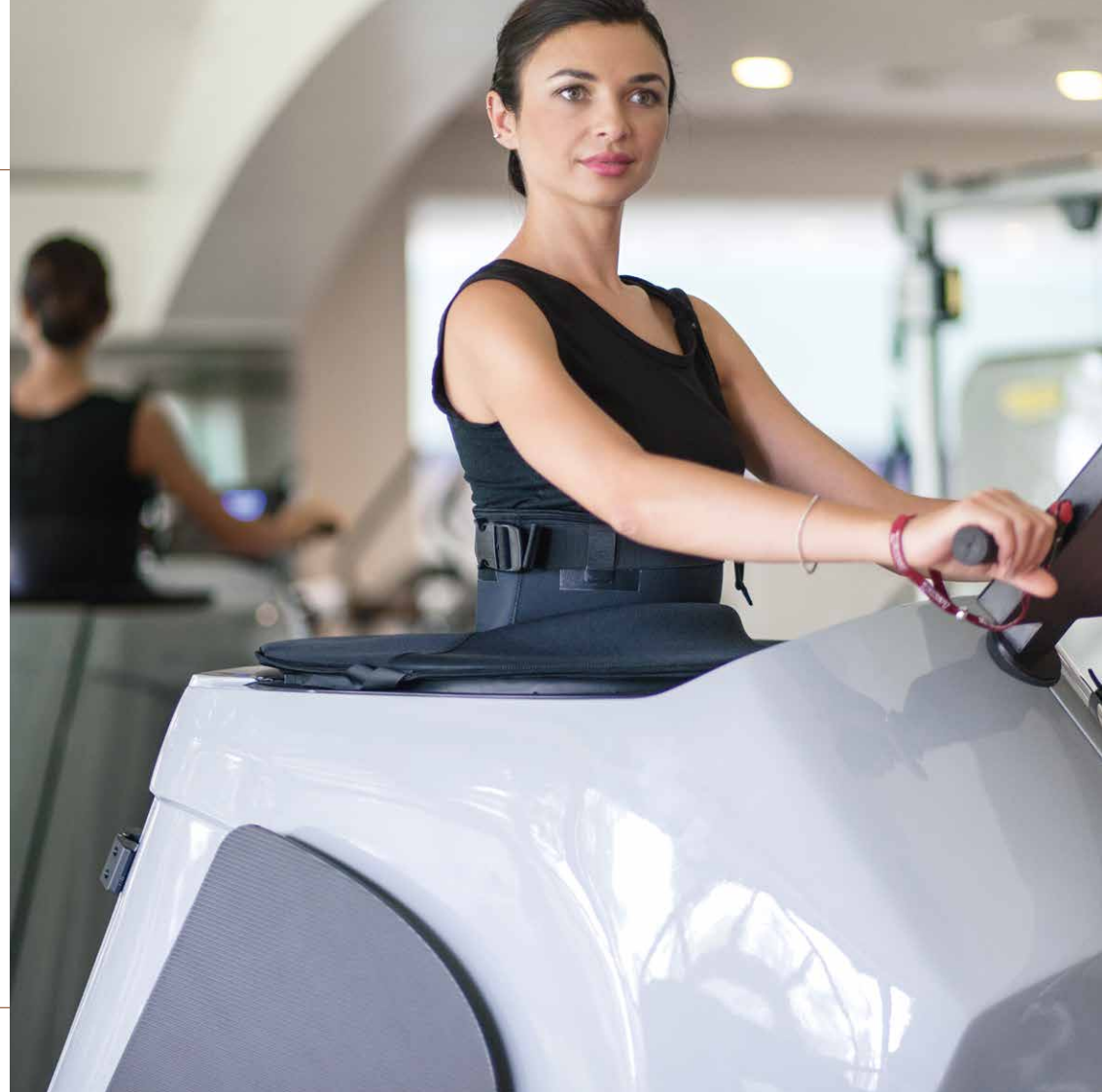
## SPORT & FITNESS DEPARTMENT

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Energy, fitness, vitality: the Espace Chenot offers you an opportunity to unwind and exercise in top quality facilities with swimming pool, tennis court and fitness center.

In addition to the full range of facilities, coaches are present at all times to design your personalized program based on your needs to achieve the optimum level of physical fitness.

The fitness center is fully equipped with the state-of-the-art training machines by Techno-Gym.







## SPORT & FITNESS DEPARTMENT

### Indoor Activities

Personal training

Yoga

Pilates

Water-gym

Functional training

### Outdoor Activities

TRX

Nordic walking

Jogging

Mountain biking

Tennis

### Price for individual lesson:

30 min. EUR 60,00  
45 min. EUR 90,00  
60 min. EUR 105,00

### Lesson for two or more people:

30 min. EUR 45,00  
per person  
45 min. EUR 65,00  
per person  
60 min. EUR 75,00  
per person

### Gravity Slim

25 min. EUR 120,00  
5 sessions EUR 575,00

### Daily Entrance

EUR 25,00

Swimming pool with  
5 different types of  
hydromassage, counter-  
current swimming, sauna,  
steam bath.





The background is a solid brown color with a repeating pattern of small, light-colored geometric shapes (a diamond with a dot in the center) and a stylized symbol resembling a cross or a four-pointed star. A large, solid white circle is positioned on the right side of the image, partially overlapping the patterned background.

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.



## Spa Etiquette

## SPA ETIQUETTE

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### Opening Hours

The Espace Chenot is open every day from 8 am to 8 pm.

### Appointments and Advance Bookings

We highly recommend to book in advance to ensure that your preferred time and treatment is available. From outside dial: +39.030.77.62.801 From room dial: 801

### Treatments

If you wish to have more information or any advice, our team will be at your entire disposal.

To schedule an appointment please speak with our Spa Manager who will guide you to the right choice.

### Arrival Time

We highly recommend that you check in Espace Chenot at least 20 minutes prior to your scheduled appointment.

This allows us to welcome you and introduce you to the facilities and have a brief discussion about your treatment expectations.

Please if you are running late for an appointment, a courtesy call would be greatly appreciated.

Where possible we will try to ensure full treatment time but to accommodate the next guest, your treatment time may be reduced.

### Cancellation Policy

We value your business and appreciate your cooperation with our

cancellation policy. Please respect our scheduling by keeping appointments whenever possible and providing a minimum of 24 hours notice when canceling or rescheduling appointments.

### Dress Code and Lockers

A locker will be at the disposal of each guest. We will provide a robe, a pair of slippers, a shower cap and all the amenities while you are visiting the spa facilities.

### Restriction of the Use

The Spa is a retreat for your body, mind and spirit. For the consideration of others we request that visitors keep noise to a minimum.

We request that you respect other guests' privacy by speaking softly.

The use of cellular phones and electronic devices, as well as alcohol and tobacco, are strictly prohibited.

### Health Conditions

Please advise us of any health conditions, allergies or injuries, which could affect your service when making your Spa reservation.

### Age Requirements (Kids and Teenagers)

We are delighted to offer treatments for children under 16 years old however they must be accompanied by an adult. Medical consultation is required prior treatments.

### Loss or Damage

We regret that we cannot be held responsible for any loss or damage to personal belongings.

### Gifts Certificate Purchasing

Gifts Certificates for our Spa treatments are available at the Reception.

### Prices

All prices are quoted in EURO currency and are subject to change at any time without prior notice.

### Accident and Injuries

The Espace Chenot shall not be liable for accidents or injuries suffered by guests using the facilities.

### Valuables

No jewelry should be worn in the spa. Lockers are provided in the changing room.

The client is responsible for his/her locker key whilst in the spa area.

### Chenot Cosmétique Chenot Diététique

To continue your Espace Chenot experience and maintain the benefits at home, the full range of Chenot Cosmétique products is available at the Reception. Chenot Diététique products are available at La Bottega di Mariella.



