

# OUR DEPARTMENTS

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Our integrated holistic approach and world-class practitioners are vital in maintaining your wellness and functionality. Medical consultations, diagnostics, therapies, treatments, and physical exercise together with your active participation and commitment will all work in synergy for optimal results.

These elements fall across the following specialisms:

- Medical Department
- Human Performance Department
- Hydrotherapy Department
- Aesthetics Department
- Medical Aesthetics Department
- Traditional Aesthetics Department
- Sport & Fitness Department

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# MEDICAL DEPARTMENT

Treatment prices are subject to VAT

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## DIAGNOSTICS

### MEDICAL CONSULTATION EUR 165

A medical doctor will review your current health status and history, discuss your personal goals, and prescribe you with all the necessary treatments to detoxify your body and promote your health and wellbeing. At the end of your programme our expert team of doctors will provide you with the required lifestyle modifications to reach optimum health.

### NUTRITIONAL CONSULTATION EUR 165

Based on anthropometric, metabolic and diet related data, a dietician determines your nutritional status and conduct an in-depth analysis of your daily diet needs. The purpose is to highlight any nutritional deficiencies in your diet and to help restore your overall health and wellbeing.

### BIO-ENERGETIC CHECK-UP EUR 160

Using Resonance Analysis Technology, our state-of-the-art bio-energetic screening provides information about the energetic state of vital organs and the body's functions, in relation to defined parameters of health. Gaining insight and information into your needs, an effective personalised treatment plan is prescribed to restore the energy balance of your body.

### LABORATORY DIAGNOSTIC TESTS\*

A complete series of blood, urine and saliva tests and analysis are available, focusing particularly on inflammatory biomarkers, food intolerances, allergies, neurotransmitters, hormones, vitamins, free radicals, minerals, and heavy metals. Our team of doctors evaluate the results and treatments are prescribed when required.  
\* Prices on request, depending on panels and parameters

### FOOD INTOLERANCE TESTS\*

These tests are designed to detect food intolerances that can cause inflammation of the bowel and numerous other problems throughout the body. People with chronic health problems, indigestion and flatulence, weight and skin problems benefit from testing as shifting to a new diet plan may solve the problem.

\* Prices on request, depending on panels and parameters

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#### **OXIDATIVE STRESS ASSESSMENT EUR 115**

This innovative diagnostic test measures the level of biological oxidation in the body against the efficacy of its own antioxidant defence systems in balancing the presence of oxidised toxic compounds. When this balance is upset, a condition known as oxidative stress, cellular damage and the ageing process can be greatly accelerated.

#### **ARTERIAL STIFFNESS ASSESSMENT EUR 115**

A non-invasive and accurate method for measuring arterial function and assessing vascular ageing. Measurements of the stiffness of the arteries, central blood pressure and pulse wave reflection returning from the arteries to the heart are taken, allowing for individual treatment if required.

#### **MEASUREMENT OF ADVANCED GLYCATION END PRODUCTS (AGES) EUR 115**

This highly technological diagnostic test measures the accumulation of advanced glycation end products within human tissue in real time. Protein glycation is a widely acknowledged factor in age-related chronic diseases. The detection of increased AGEs enables appropriate treatments and lifestyle modifications including a diet plan to break the bonds that connect proteins and sugars.

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#### **MINERALS AND HEAVY METALS ANALYSIS EUR 140**

This revolutionary non-invasive method is used to detect the bioavailability of trace elements and heavy metals that exist within the tissues in real time. If detected, re-mineralisation treatments and chelation procedures are implemented to detoxify the body.

#### **SKIN COLLAGEN THICKNESS ASSESSMENT EUR 115**

A highly sensitive ultrasound method which measures the quality and quantity of the thickness of the skin and connective tissue. It provides information about the actual age of the skin but also reflects the overall condition of connective tissue which is essential for the body's integrity. These results allow for targeted medical, medical aesthetic, and cosmetic treatments.

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## TREATMENTS

### CHENOT BIO-ENERGETIC TREATMENT EUR 200

Personalised, bioenergetic signals are transmitted through laser conductivity points on the body to assist the restoration of its energetic balance and activate the parasympathetic nervous system. This treatment also offers a non-invasive cellular stimulation that promotes cellular rejuvenation processes.

### ACUPUNCTURE AND AURICULAR ACUPUNCTURE TREATMENT EUR 125/30 MIN EUR 250/1 HOUR

This traditional needle treatment is performed to treat joint and muscle pains, headaches, migraines and neuropathic pains certain respiratory illnesses and allergies, gynaecological and gastro-intestinal disorders, stress, anxiety, and sleep disturbances. Usually, a combination of body acupuncture points and points on the ear can provide very good results.

### OZONE THERAPY EUR 170

This treatment aims to strengthen the immune system and the body's defence mechanisms. It helps the body to revitalise providing an overall rejuvenating and anti-ageing effect. The treatment consists of the enrichment of the guest's own blood with ozone to fight fatigue and improve detoxification.

### INTRAVENOUS NUTRIENT THERAPY EUR 145

Specially formulated nutrient solutions are applied intravenously that consist of effective doses of antioxidants, vitamins, minerals, and chelating agents. This supports the body's defences and improves its mechanisms of damage removal.

### OZONE THERAPY WITH INTRAVENOUS NUTRIENT EUR 315

### CHELATION THERAPY EUR 315

Chelation therapy involves the intravenous injection of chelating agents. Once in the body, chelators bind to heavy metals, forming water-soluble chemical complexes. This transformation makes it easier for the body to eliminate these toxic substances.

### HYDRO-COLON TREATMENT EUR 170

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

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# HUMAN PERFORMANCE DEPARTMENT

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## DIAGNOSTICS

### CARDIORESPIRATORY FITNESS ASSESSMENT EUR 210

A sophisticated exercise test that analyses breath-by-breath how well the heart, arteries, veins, and lungs can work together to transport oxygen to the muscles. The results provide useful information about the physiological response of the individual to exercise and identify any possible risk factors associated with one's health status. A personalised fitness training programme is then prescribed to improve health, fitness levels and weight loss, if necessary.

\*Spirometry test is included.

### SPIROMETRY TEST EUR 135

This test assesses the lung health by measuring how much air can be inhaled and exhaled, as well as how powerfully one can exhale. This can also help to identify the presence of airway obstructions. Lung function typically decreases with age due to physical inactivity and a reduction in elasticity of the rib cage.

### STRESS TEST (HRV ANALYSIS) WITH HRV BIOFEEDBACK TRAINING EUR 230

A unique test that provides information about how the body reacts to different causes of stress, mental and emotional loads. The test examines how the heart is continuously adjusted by the autonomic nervous system to meet the demands (stressors) of daily life. It reveals the relationship between lifestyle and wellbeing and helps to identify the steps towards a healthier, fitter and more productive life.

### RESTING METABOLIC RATE ASSESSMENT EUR 170

This test accurately measures the body's resting energy requirements to determine how much energy is required for maintaining essential bodily functions including breathing, circulation, and consistent core temperature. It identifies metabolism substrate utilisation, guiding personalised nutrition plans.

### BODY COMPOSITION ANALYSIS (TANITA) EUR 120

The test provides precise data on soft tissues at any part of the body, including lean and fat tissue mass and body fluids. These variables are used to set and monitor health, weight, and fitness goals.

### POSTURAL AND MOVEMENT ASSESSMENT EUR 185

This test assesses the curvatures of the spine, the mobility of the joints and the weak links in the muscle chains. In time all these factors can lead to altered activity of the entire locomotive system and if left untreated as we age, it can lead to postural deformity, loss of physical performance, reduced active life and pain.

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## **STRENGTH AND BALANCE ASSESSMENT EUR 160**

This test assesses maximum muscular forces, symmetry, strength endurance and balance skills with high precision measuring systems. Lean muscle mass naturally diminishes with age, and strength training is a key component to preserve and enhance muscle mass at any age with important applications in a person's functional ability.

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## **TREATMENTS**

### **NEURAC TREATMENT EUR 185**

This is an effective treatment method for musculoskeletal pain and neuromuscular dysfunction by improving proprioception. Functional therapeutic exercises conducted in a suspension sling aims to improve physical functioning and restore pain-free movement patterns. Weaknesses and imbalances between muscles are corrected. Often immediate pain relief and improved function can be achieved.

### **OSTEOPATHY TREATMENT EUR 185**

This treatment consists of physical manipulations, stretching and massage to increase the mobility of joints, relieve the muscle tension and pain, enhance the blood supply to tissues and help the body to heal.

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# MEDICAL AESTHETICS DEPARTMENT

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## PHYSIOTHERAPY TREATMENT EUR 115 / 185

A certified therapist assesses any postural imbalances and uses physical manipulations, stretching and massage to increase the mobility of joints, relieve the muscle tension and pain, enhance the blood supply to tissues and help the body to heal.

## INTERMITTENT HYPO / HYPEROXY EXPOSURE TREATMENT - PER SESSION EUR 155 (PACKAGE OF 3 SESSIONS EUR 410)

Short intervals of breathing reduced oxygen concentration levels through a mask are interspersed with intervals of inhaling ambient air. The cumulative physiological adaptations associated with this type of training improve metabolism, provide superior enzymatic anti-oxidative defence, positively influence the immunological status, and promote the overall health and wellness.

## NEURO-ACOUSTIC DEEP RELAXATION TREATMENT EUR 95

Using patented neuroscience technology, this treatment presents the brain with neurochemistry and auditory signals. By switching the nervous system from autonomic 'fight or flight' mode into parasympathetic system dominance, the body experiences deep relaxation and calmness.

## BODY SLIM VACUTHERM EUR 95

This treatment uses a treadmill with vacuum technology and allows a fat-burning training programme to target fat reduction and cellulite.

## DIAGNOSTICS

## MEDICAL AESTHETIC CONSULTATION EUR 165

Prior to any treatment, the medical aesthetic doctor will assess your area of concern and then discuss the most suitable nonsurgical aesthetic treatments for your needs and goals.

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## TREATMENTS

### HYALURONIC ACID FILLERS EUR 565 PER VIAL

Cross-linked hyaluronic acid is used as a filler to treat all facial tissues that may have lost volume and elasticity. It is used to treat facial wrinkles and folds, to give a volumising effect where needed, to improve the contour and/or the volume of the lips, cheekbones, chin, to correct the dark circles around the lower eyelid and the tear trough. It also stimulates the cells to produce more collagen and elastin, therefore hyaluronic acid is an important anti-ageing treatment. The treatment is almost pain free as the syringe contains a small quantity of local anaesthetic.

### BOTULINUM

The well-known "botox" is used to relax specific muscles of the face and to reduce mainly the "dynamic" wrinkles that are produced from intense facial expressions. It can also be used to help smooth skin bands on the neck and décolleté wrinkles. Our treatment promotes the "natural look botox", allow all-natural expressions without producing intense wrinkles. Botox can also be beneficial in stopping the production of excessive sweat (hyperhidrosis) in the sweat glands of the palms, armpits, and feet.

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Areas of treatments are:

- Face: full or small area	EUR 515
- Neck: botox lift	EUR 515
- Décolleté	EUR 515
- Armpits, hands, feet	EUR 1450

### MICRONEEDLING EUR 730

This facial treatment reduces signs of fine lines and wrinkles, improving the complexion of the skin. Microneedling also stimulates collagen production which causes anti-ageing results such as tightening, plumping and improvement of the skin appearance.



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# ADVANCED AESTHETICS FACE & BODY TREATMENTS

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## CARBOXYTHERAPY EUR 145

Carboxytherapy is used to treat cellulite, stretch marks and to improve circulation, skin elasticity and fine lines and wrinkles. It also aids with collagen repair and the destruction of fatty deposits. The treatment can be applied to the neck, face, arms, buttocks, stomach, and legs. It uses infusions of carbon dioxide, a naturally occurring gas in the body.

## MESOTHERAPY

Mesotherapy is a technique that uses micro injections of vitamins, enzymes, antioxidants, and plant extracts to rejuvenate and tighten skin, improve hair quality, as well as remove excess fat.

- Face, Neck,  
Décolleté, Hands    EUR 300 per vial (3-5ml)
- Scalp    EUR 450 per vial (2 ml)
- Cellulite    EUR 300 per vial (2 ml)

## HYDRAFACIAL MD

A multi-step face treatment that cleanses, evenly exfoliates, extracts, and removes impurities and dead skin cells while at the same time, nourishes and protects the skin with vital nutrients including antioxidants, peptides, and Hyaluronic Acid. The treatment improves texture and fine lines, renews a youthful glow as well as long term benefits without downtime or irritation.

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Signature	EUR 160
Signature + Booster	EUR 230
Platinum	EUR 270
Platinum + Booster	EUR 330

## INTRACEUTICALS OXYGEN EUR 310

A revitalising treatment consisting of oxygen used under very high pressure to infuse a serum of hyaluronic acid, vitamins and antioxidants, green tea, aloe vera and vitamins A, C and E into the deeper layers of the dermis, moisturising and firming the skin. Suitable for dehydrated, lifeless, acne-prone skin and for those suffering from rosacea. Benefits: Immediate lifting effect improves skin texture for hydrated, firm and luminous skin, softens fine lines and significantly reduces age spots and imperfections.

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**DERMIO CARE PLUS (ACTIVE ANTI-AGEING FOR THE SKIN)  
EUR 95**

During this patented treatment, the energy of the ambient oxygen in the form of electrically negatively charged ions (plasma) is combined with colour light therapy and cosmetic preparations to stimulate cell metabolism, treat problematic skin, improve skin health, and increase its vitality. The treatment is also optimally suitable in connection with various other body treatments as the plasma energy is inhaled through the mouth and nose and is available for the whole organism. from rosacea. Benefits: Immediate lifting effect improves skin texture for hydrated, firm and luminous skin, softens fine lines and significantly reduces age spots and imperfections.

**ULTRASONIC FACIAL CLEANSING  
EUR 180**

Ultrasonic facials deep-cleanse the skin, leaving it smooth and luminous. The combined action of ultrasound technology and vibrations removes any residual makeup, dirt or pollution guaranteeing a fresher looking face. Suitable for all skin types, from sensitive and delicate to normal, dry, oily or acne prone. Benefits: Improves skin texture and compactness, reduces redness, and restores natural balance in dry and oily areas.

**NEWLIFT FACE  
EUR 300  
3 SESSIONS EUR 800**

Non-invasive cytoplasmic lifting by diode laser. It is an innovative technique that combines the action of a high-power infrared laser and Cyto-Generating Carrier Molecules (MCC) to accelerate the production of collagen and elastin. The treatment improves the skin texture, elasticity, and firmness. Applicable on all skin types (even tanned or hyperpigmented). No limitations on sun exposure.

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**NEWLIFT BODY  
EUR 300  
3 SESSIONS EUR 800**

This innovative treatment for advanced body rejuvenation performs a cytoplasmic lifting and uses the diode laser's capacity to bio stimulate and remodel the skin. The treatment smoothes the inner thigh, arms, abdomen, buttocks, and hips.

**EMSCULPT  
EUR 240  
3 SESSIONS EUR 650**

This high energy inductive treatment provides electromagnetic impulses that penetrate the muscles cells and generate thousands of muscle contractions that tone and build muscles. It can be combined with other fat reduction treatments to improve the overall results.

**EMTONE®  
EUR 260  
3 SESSIONS EUR 700**

This revolutionary medical device combines the heat of radiofrequency with the mechanical energy of shock waves to act on the 5 causes of cellulite: adiposity, fibrosis, loss of tone, retention of liquids and metabolic waste, reduced blood flow. In a few sessions EMTone® can improve and reduce adipose accumulations, stimulate collagen regeneration, improve skin tone, promote microcirculation, reactivate cell metabolism, and drain liquids.

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**INDIBA - PROIONIC SYSTEM**  
**EUR 250**  
**3 SESSIONS EUR 700**

The Indiba system provides a non-invasive treatment that delivers a specific monopolar radiofrequency wave to the skin cells and deeper tissues that promotes the synthesis of new collagen and elastin through heat and ion exchanging. The treatment is fast, painless with deep tissue regeneration and with visible results from the first session. The Indiba system is ideal for the improvement of skin elasticity and tightening on face, arms and legs and in particular, for fine line and wrinkles reductions. It works in synergy with all body contouring and circumference reduction treatments, as it facilitates the mobilisation of local fat from small localised fat deposits. It improves dramatically the appearance of red stretch marks and is a highly rewarding solution to the "orange peel" or cellulitis.

**SKINEO - ULTRASOUND AND ELECTROTHERAPY**  
**EUR 130**  
**3 SESSIONS EUR 350**

The SKINeo system provides a non-invasive treatment that combines low intensity pulsed ultrasound and electrotherapy to stimulate natural skin firming for almost all areas of face and body. There are different applicators designed for the different regions of the body which are anatomically adjusted to fit gently and provide a continuous active effect in the whole treating area. In addition to skin firming and tissue tightening, the system is recommended for the cellulite treatment.

**ZERONA**  
**EUR 200**  
**3 SESSIONS EUR 500**

The Zerona laser is employed for sculpting targeted body areas, including the waist, abdomen, hips, and thighs. This non-invasive procedure ensures a pain-free experience with no required downtime, needles, or surgery. Zerona is applicable to all areas with excess subcutaneous fat, particularly those resistant to diet and exercise. Notably, it doesn't destroy fat cells but rather empties them of their contents. Some of the liberated fatty acids can be directly utilised by the body as a source of energy.

**IOS 21**  
**EUR 120**  
**3 SESSIONS EUR 300**

Through electrical impulses delivered to the muscles it is possible to provoke a rapid succession of muscle contractions. Lymphatic and venous drainage, treats fluid retention, cellulite and swelling. The treatment prevents localised problems caused by circulatory issues.

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# HYDROTHERAPY DEPARTMENT

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## TREATMENTS

### HYDRO-AROMATHERAPY TREATMENT EUR 85

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, combined with the thermodynamic effect of plant extracts, cause the dilation and constriction of the capillaries. This action stimulates natural physiological functions to remove toxins and fat deposits from the skin tissue. It also combats the effects of skin ageing by favouring cell regeneration, improving skin appearance and its overall peripheral blood and lymphatic circulation.

### PHYTO-MUD TREATMENT EUR 105

The second step of Chenot's hydro-energetic treatment involves the application of a white and green clay body wrap, enriched with minerals, microalgae, and pure essential oils. The combined effect of essential oils and minerals further drains, detoxifies, and revitalises the body depending on the application time, helping to eliminate physical muscular and psychological stress tension.

### HYDRO-JET TREATMENT (INCLUDED INTO THE CIRCUIT)

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.

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# AESTHETICS DEPARTMENT

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## BODY TREATMENTS

### CHENOT DETOX BODY MASSAGE EUR 165

The combined action of detoxifying products and manual techniques, with a specific suction cup device accelerates the body fluids in a wave-like movement. This process efficiently channels deep-seated toxins towards collection points in the excretory system. The massage promotes cellular regeneration, contributing to overall rejuvenation.

### CHENOT ENERGETIC MASSAGE EUR 165

This massage aims to relieve and clear energy flow in the meridians, in turn re-energising the body. The use of 'cupping' stimulates the vagus nerve, re-equilibrates the energetic circulation and lymphatic system, and improves blood circulation, promoting an extraordinary sense of wellbeing.

### CHENOT RELAXING MASSAGE EUR 165

Our unique body massage promotes physical and mental relaxation for a profound feeling of wellbeing. It helps muscles to relax, balances hormones and frees the body and mind to recuperate after extensive physical or mental effort.

### CHENOT CONNECTIVE TISSUE MASSAGE EUR 165

A deep muscle tissue massage designed to release chronic tensions that are often due to muscle inflammation and pain. It helps muscles to relax, to unclog stiffness, and to promote oxygenation. It improves posture, joint flexibility, circulation, and oxygenation and reduces spasms and cramps. Improves the appearance and condition of the skin.

### CHENOT LYMPHATIC MASSAGE EUR 165

Lymphatic drainage is a delicate, soft harmonious treatment that is performed in a rhythmic way. Exceptionally relaxing, this massage improves the circulation of fluids in the body, removes waste and toxins from the body's tissues, reduces water retention and strengthens the immune system.

### CHENOT HEAD AND SHOULDER MASSAGE EUR 165

A stimulating scalp massage with the application of essential oils which helps to improve blood and energetic circulation and promotes greater tissue oxygenation. This treatment reduces compression and tension in the cranial, neck and shoulders area providing relief from stress, headaches, and migraines.

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**CHENOT CELLULITE TREATMENT**  
EUR 165

This deep tissue massage is designed to address cellulite-prone areas through a targeted draining technique, complemented by specific essential oils and vibratory applicators operating at precise frequencies. This approach effectively releases fat deposits from the connective tissue, unveiling a more youthful and even skin tone.

**CHENOT ABDOMINAL TREATMENT**  
EUR 165

This deep massage therapy for the abdomen moves body waste and toxins towards core lymph nodes and improves bowel function. Combined with the electrical stimulation of energy points, swelling and bloating is reduced and the elimination of toxins and metabolic waste provides a feeling of lightness.

**CHENOT REGENERATING TREATMENT**  
EUR 165

This treatment is designed to stimulate deep breathing by opening the diaphragm and ultimately, relieve stress allowing energy to flow within the body and regenerate itself. When the body is tensed it develops constraints, the muscles get tight, and breathing becomes shallow preventing the amount of oxygen the body needs. It promotes deeper breathing, re-energises and regenerates.

**CHENOT ENERGETIC FEET MASSAGE**  
EUR 165

This deep energising massage allows the body to rebalance itself through stimulation of acupuncture points of the feet. It improves blood circulation to the feet, helps to reduce stiffness and maintain flexibility in the foot joints, and energises the internal organs through activation of meridians which has an anti-stress effect.

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**BODY SCRUB**  
EUR 150

Scrub with sea salt extracts gently remove dead cells by providing magnesium and calcium. The coconut pulp leaves the skin soft and nourished. Benefits: Smooth and silky skin.

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# TRADITIONAL AESTHETICS DEPARTMENT

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## FACIAL TREATMENTS

### CHENOT FACIAL DRAINAGE TREATMENT EUR 175

Using the signature Chenot cupping method, this treatment has a lymphatic drainage action with a decongestant effect, leaving the face and the eyelids less swollen and the entire face perfectly contoured and illuminated. It decongests the skin, reduces swelling, and contours the face.

### CHENOT PERSONALISED FACIAL TREATMENT EUR 175

Our signature facial treatment during which a personalised protocol is provided, perfectly adapted to individual needs. Preventing premature ageing and erasing fine lines and wrinkles, the skin gets replumped, smoothed, and treated with the scientifically developed products to make the complexion fresh and radiant.

## III. ADDITIONAL BEAUTY TREATMENTS

## MANICURE AND PEDICURE

Aesthetics Manicure	EUR 65
With Nail Polish	EUR 75
Aesthetics Pedicure	EUR 75
With Nail Polish	EUR 85
Semi-Permanent Nail Polish Application	EUR 65
Semi-Permanent Nail Polish Removal	EUR 30
Polish Change	EUR 20

## PARAFFIN EUR 40

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.

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## HAIR REMOVAL

Lips or side face	EUR 25
Underarm	EUR 30
Bikini-Line	EUR 40
Half-Leg	EUR 55
Arms	EUR 65
Brazilian	EUR 65
Back part	EUR 65
Front part	EUR 65
Half-Leg + Bikini-Line	EUR 95
Full-Leg + Bikini-Line	EUR 115
Make-up	EUR 100

## EYEBROWS

Grooming	EUR 30
Tint	EUR 60
Grooming and tint	EUR 80

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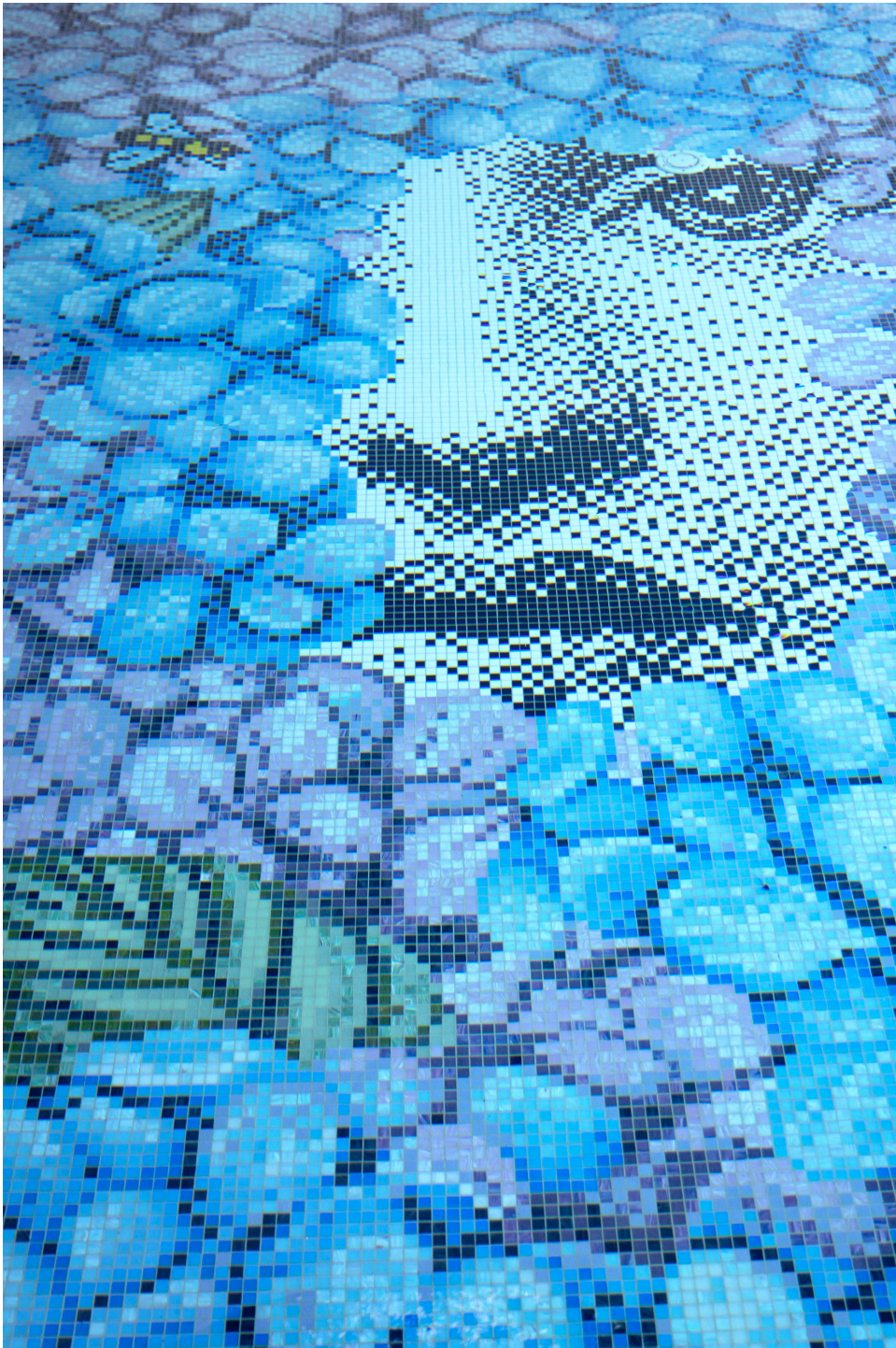
## COIFFEUR

Shampoo (no blowdry)	EUR 35
Shampoo/Blowdry (short hair)	EUR 65
Shampoo/Blowdry (medium/long hair)	EUR 95
Special Mask add-on	EUR 40
Hair Cut	EUR 85
Hair Colour	EUR 95
Hair Treatments add-on	EUR 85
Men's Cut	EUR 80
Men's Beard Razor Shave	EUR 65
Men's Razor Cut	EUR 65

## BRIDAL SERVICES

Bridal Make-up	EUR 300
Trial Bridal Make-up	EUR 150
Bridal Hairstyle	EUR 350
Trial Bridal Hairstyle	EUR 150





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# SPORT AND FITNESS DEPARTMENT

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## INDOOR ACTIVITIES

**INDIVIDUAL TRAINING:**  
EUR 70 (25')/135(50')

**GROUP TRAINING: TWO AND MORE**  
EUR 50 (25')/120(50') PER PERSON

During your stay, you have access to personal training sessions, a state-of-the-art fitness centre with cardiovascular and strength training facilities and a stretching area. Private and group lessons for TRX, Pilates and Yoga are also available.

## OUTDOOR ACTIVITIES

Our location in the rolling countryside of the Franciacorta region offers the perfect location for outdoor activities, including year-round cycling, jogging and cold-water swimming in the majestic Lago Iseo. Mountain biking, Nordic walking, golf, and tennis are also available.



