



CHENOT

ESPACE

TREATMENTS MENU

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Medical Department

All treatments and diagnostics are supervised and prescribed by medical professionals.

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 life-style 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 260

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.

EUR 115

Oxidative Stress Assessment

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.

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.

Chenot Bio-Energetic Treatment

EUR 260

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 260

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 180

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 170

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 350

Chelation Therapy EUR 350

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.

Human Performance Department

All treatments and diagnostics are supervised and prescribed by medical doctors.

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 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 175

The test provides precise data on soft tissues and bone composition 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.

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.

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 115/185

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.

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

EUR 155
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.

Anti-Gravity Exercise Training

EUR 130

This equipment acts as both a wellness and rehabilitation tool by 'unweighing' and reducing their body weight that allows exercise with less pain and greater metabolic stimulation while reducing the risk of injury. It is used for weight loss programmes, strengthening and conditioning in a fall-safe environment, brain stimulation and for physical therapy following an injury or surgery.

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.

Medical Aesthetic Department

All treatments and diagnostics are supervised
and prescribed by medical professionals.

Medical Aesthetic Consultation

EUR 115

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

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.

Rinofiller with Hyaluronic Acid Fillers

EUR 700

Non-surgical rhinoplasty is an aesthetic treatment, where the hyaluronic acid is used as a filler to define the dorsum and/or the tip of the nose, almost like a sculptor.

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.

Areas of treatments are:

- Face: full or small area EUR 515/360
- Neck: botox lift EUR 515
- Decollette EUR 515
- Armpits, hands, feet EUR 1450

Microneedling (Dermapen)

EUR 730

Dermapen is a micro-needling facial that 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.

Beautifeye Protocol With Nanosoft

EUR 600

Micro-Needle

The BeautifEye treatment protocol is unique to maximise skin rejuvenation of the entire periorcular area, including the upper and the lower eyelids, using a combination of Brightpeel® and specific biorevitalising product using the innovative Nanosoft® micro-needle, almost pain-free. The procedure enhances the skin texture, corrects fine wrinkles, improves skin homogeneity, density, and elasticity.

Carboxytherapy

EUR 125

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.

Homeopathic Mesotherapy

EUR 125

Consists of the application of multiple painless intradermal micro-injections in different areas of the body with the aim of dissolving accumulated fat, improving blood and lymphatic circulation, which leads to the elimination of excess fluids and toxins.

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 per vial - EUR 300
- Hair per vial - EUR 450
- Cellulite per vial - EUR 300

Absorbable Bio-Stimulating Threads

EUR 50
per thread

Extra-fine bio-stimulating threads are positioned painlessly under the skin, creating an immediate firming, and tightening effect and long-term rejuvenation. The average absorption time for the threads is 6-10 months but the effect last for more than one year.

Absorbable Lifting Threads Aptos

EUR 2'500

Extra-fine lifting threads are positioned painlessly under the skin, creating an immediate lifting and long-term rejuvenation. Can be applied for eye-brown lifting and/or mid-lower face lifting. The average absorption time for the threads is 10-15 months but the effect last for 1-2 years.

Profilo®

EUR 300
per thread (2ML)

Represents a new type of hyaluronic acid, one of the latest innovations to treat skin laxity, mainly of the face and neck, through skin bio regeneration to able improve texture and reduce fine wrinkles, a strong increasing hydration and tone increasing stimulating the production of elastin and collagen.

With Profilo® only 10 injections are needed to treat each area, which makes the treatment very simple and comfortable.

Profilo® Body

EUR 600
per 2 vial (3ML)

The new Profilo® Body Kit is the only product “on-label” to treat skin laxity of the body, mainly for the inner arms, hands, abdomen, buttocks, thighs, and knees, to bio-regenerate the tissue, improve the texture, reduce fine wrinkles, increasing hydration and tone reducing the sagging skin.

With Profilo® Body Kit only 10 injections are needed to treat each area, which makes the treatment very simple and comfortable.

Micro Injections for Localised Adiposity

EUR 350
per area

This method uses a lipolytic drug capable of dissolving fat deposits permanently. A single injection is required for each area of localised fat as large as the palm of a hand (10x10cm). The treatment is painless; however, it can appear a slight sensation of burning that last a few minutes.

Medical Peeling

This is an innovative, non-invasive skin renewal treatment in which a special solution is applied to the skin. The solution has a biostimulating effect on the skin.

Peeling Soft
PRX-T33 (Revitalizing Medical Peeling)

EUR 300
EUR 300

Dermamelan For Skin Spot and Dull Skin

EUR 1'500
per area

The only professional enzymatic treatment for topical use that guarantees maximum effectiveness on all types of skin spots. It is compatible with all skin types and can be used at any time of the year. It also allows for an overall improvement in the quality of the skin with a skin glowing effect.

Laser For Capillaries

EUR 500

Laser therapy for capillaries and small angiomas, using laser energy to target the blood supply within the vessel. The laser can collapse the capillary wall, causing the vessel to shut down on itself.

Sclerotherapy

EUR 300
per vial

Sclerotherapy involves injecting a chemical solution directly into the varicose or spider vein. It is the most common treatment for improving the appearance of varicose and spider veins on the legs. The results of sclerotherapy are noticeable after 1-2 weeks.

Age Spots Laser

EUR 400
starts from

Laser technology is the most reliable and effective method to remove Age Spots. An intense laser light scatters the skin pigments and destroys the discoloration. The treatment is not painful and requires no down time.

Skin Growths Laser

EUR 400
starts from

Laser therapy can quickly remove skin growths as moles, skin tags (skin-coloured soft bumps that attached to the skin by a stalk), seborrheic keratoses, sebaceous hyperplasia (overgrowths of oil glands and appear as yellowish bumps) and milia which are tiny little cysts that appear as small white bumps most often on the face.

Laser With Green Indocyanine for

EUR 600
per area

Active Acne

Near infrared (NIR) diode laser with low-intensity (soft) phototherapy combined with the topical application of indocyanine (ICG) represent one of the best treatments for active acne. After treatment a session of LED is recommended.

Non-Ablative Fractional Laser

(Face, neck, hands, body, superficial acne scars, stretch marks.)

EUR 600
per area

With just one session of non-ablative fractional laser, it is possible to stimulate the production of collagen and elastic fibers in both youthful, sun-damaged skin exhibiting signs of photo-aging and mature skin marked by the effects of chrono-aging, all with minimal downtime.

Micro-Ablative Fractional Laser

(Face, neck, hands, body, superficial acne scars, stretch marks.)

EUR 1'200
per area

Microscopic thermal wounds are strategically created to remove specific zones within the epidermis and dermis while leaving neighboring areas untouched. This micro-ablative process, a facet of laser skin resurfacing, has demonstrated both safety and efficacy not only for facial rejuvenation but also for other areas of the body. In just one session, it can effectively improve wrinkles, acne scars, various atrophic scars, benign pigmented lesions, and sun-damaged skin.

Endolift Laser

first area EUR 2000
each subsequent EUR 1000

An innovative optical laser fibre, as thin as a human hair, connected to a diode laser, is applied under the skin, and used to treat early stages of cutaneous sagging in both the face (under the chin, jawline, neck, mid-face, lower eyelids) and the body (inner arms, inner thighs, abdomen, knees, ankles etc...). The treatment is almost completely pain-free and does not require any anaesthetics.

Ultherapy® - The Non-surgical Lifting

The only FDA approved “non-surgical lifting” for face, neck, and body.

It is a non-invasive procedure that employs micro-focused ultrasound with to rejuvenate the skin. The treatment comes with minimal downtime and discomfort, yielding gradually natural results in three months, potentially lasting for up to one to two years after just a single session.

• Upper Face	EUR 1'500
• Middle and Lower Face	EUR 3'000
• Full Face	EUR 4'000
• Full Neck	EUR 2'000
• Décolleté	EUR 2'500
• Face and Full Neck	EUR 5'000
• Full Neck and Décolleté:	EUR 3'500
• Full Face, Full Neck and Décolleté	EUR 7'000
• Body Lifting	EUR 4'000

Led Phototherapy

EUR 95

A “must treatment’ for overall skin health, the application of specific light wavelengths deliver energy into the cells and thus promote skin condition, wound healing, and hair growth stimulation. LED Phototherapy is highly recommended immediately after any medical aesthetic treatment as it enhances the results and the recovery of all medical procedures and treatments. It also increases the effect of cosmetic products and masks applied to face, body, and hair.

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.

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

Intracutaneous 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.

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

Non-invasive cytoplasmic lifting by diode laser. Is a new and 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

Newlift Body

EUR 300

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.

Criolifting

EUR 300

The treatment addresses deep wrinkles, sculpts the facial contours, diminishes skin imperfections, and stimulates cell regeneration. Experience the added benefits of targeted lymphatic drainage, effectively reducing puffiness around the eyes and smoothing the skin for a refreshed appearance.

Emsculpt

EUR 240

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

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.

Zaffiro Nlift Neuvia

EUR 1'800

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

Cryolipolysis

EUR 800

The Cryolipolysis is an innovative non-invasive treatment that helps to reduce fat deposits without surgery and to reshape body contours. The procedure allows the freezing of the fatty tissue by cooling with a temperature near to 0°C for around 45 minutes, leading to the destruction of fat cells. After treatment a session of LED is recommended.

Velashape

EUR 190

Velashape 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.

Lapex

EUR 110

Third generation of non-invasive diode lasers 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 to stimulate the lymphatic system to eliminate fat molecules displaced by the laser.

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 2I

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.

Electroporation

EUR 300

This advanced technique opens cellular pathways, allowing potent skincare molecules to penetrate deeply. Using the right actives with electroporation helps to attenuate expression lines, alleviate forehead wrinkles and the small lines that are created in the upper part of the mouth. It is also effective against sunspots.

Hydrotherapy Department

The therapeutic value of the treatments is enhanced with the help of essential oils, plant extracts and marine algae. These treatments are ideal for the blood circulation and the lymph and to tone and firm the body.

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.

Aesthetic Department

All treatments are carried out with Chenot Actifs, specific products rich in 100 % pure and natural essential oils.

I. 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.

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.

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.

II. 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

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.

Hair Removal

Lips or side face	EUR 25
Underarm	EUR 30
Bikini-Line	EUR 40
Half-Leg	EUR 55
Arms	EUR 65
Brazilian Bikini-Line	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

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 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

Sport & Fitness Department

Energy, Fitness, Vitality: Chenot Espace offers the opportunity to unwind and exercise in top quality facilities with swimming pools, tennis courts and fitness centre.

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

The fitness centre is fully equipped with the state-of-the-art equipment from Techno-Gym.

Indoor Activities

25` - EUR 95

50'- EUR 165

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.

Aqua Therapy

25` - EUR 95

50'- EUR 165

A modern method using the healing power of water, Aqua Therapy is designed to aid relaxation, diminish muscle, and joint pain, strengthen the immune system, and develop flexibility and cardiorespiratory endurance through rehabilitation exercises and therapeutic swimming. Our beautiful indoor and outdoor pools allow you to take advantage of the many health benefits of swimming, whatever the weather.

Body Balance

50'- 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.

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.



CHENOT

ESPACE

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