

# CHENOT ESPACE PROGRAMMES

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The programmes include medical consultations, advanced diagnostic tests, a low-calorie plant-based nutritional plan, and targeted therapeutic treatments, all carried out under strict medical supervision.

- Advanced Detox Programme  
6 Days/7 Nights
- De-Stress & Re-Charge Programme  
4 Days/5 Nights
- Cleanse & Rebalance Programme  
3 Days/4 Nights
- Cleanse & Rebalance Programme  
4 Days/4 Nights
- Fitness Boost Programme  
3 Days/3 Nights

All programmes include the unlimited access to the Technogym fitness centre, heated indoor swimming pool with garden view, Finnish sauna, and aromatic steam bath.

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## ADVANCED DETOX

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**6 DAYS / 7 NIGHTS**  
**EUR 4,990**

This is the pillar programme of Henri Chenot and it aims to induce a deep purification and detoxification of the body. It supports the natural processes to excrete metabolic waste and toxins, to repair defective tissues, and to restore hormonal balance.

The programme includes:

- 2 Medical Consultations
- 2 Nutritional Consultations
- 1 Chenot Bio-Energetic Check-up
- 2 Chenot Bio-Energetic Treatments
- 6 Hydro-Aromatherapy Treatments
- 6 Phyto-Mud Treatments
- 6 Hydro-Jet Treatments
- 6 Chenot Energetic Massages
- Diagnostics with 6 Chenot Lifestyle Biomarkers®:
  - Body Composition Analysis
  - Arterial Stiffness Assessment
  - Minerals & Heavy Metals Analysis
  - Oxidative Stress Assessment
  - Measurement of Advanced Glycation End Products (AGEs)
  - Skin Collagen Thickness Assessment
- Detoxifying Chenot Diet®

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## DE-STRESS & RE-CHARGE

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**4 DAYS / 5 NIGHTS**  
**EUR 3,525**

This programme aims to stimulate the body to recover its vitality and energy levels. It is beneficial to those who seek to restore their inner balance and the body's natural rhythms.

The programme includes:

- 1 Medical Consultation
- 1 Nutritional Consultation
- 1 Chenot Bio-Energetic Checkup
- 2 Chenot Bio-Energetic Treatments
- 4 Hydro-Aromatherapy Treatments
- 4 Phyto-Mud Treatments
- 4 Hydro-Jet Treatments
- 4 Chenot Energetic Massages
- HRV Biofeedback Training
- Diagnostics with 4 Chenot Lifestyle Biomarkers®:
  - 1 Body Composition Analysis
  - 1 Stress Test
  - Arterial Stiffness Assessment
  - Oxidative Stress Assessment
- Chenot Biolight Diet®

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## CLEANSE & REBALANCE

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### 3 DAYS / 4 NIGHTS EUR 2,215

This programme aims to provide a short but effective stimulation to the body to detox physically and mentally and to recharge with energy leaving a genuine feeling of wellness.

Combining Chenot Method® treatments with the diet plan, it is the perfect programme for those who want to begin a lifestyle overhaul. Alternatively, it can be used as a regular cleanse undertaken 4 to 6 times during the year.

The programme includes:

- 1 Medical Consultation
- 1 Nutritional Consultation
- 1 Chenot Bio-Energetic Checkup
- 1 Chenot Bio-Energetic Treatment
- 3 Hydro-Aromatherapy Treatments
- 3 Phyto-Mud Treatments
- 3 Hydro-Jet Treatments
- 3 Chenot Energetic Massages
- 1 Body Composition Analysis
- Chenot Biolight Diet®

### 4 DAYS / 4 NIGHTS EUR 2,715

For those seeking a more extended experience, a four-day programme version is available. It includes one additional hydro-aromatherapy, phyto-mud, hydro-jet, and energetic massage treatment, making it four of each.

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## FITNESS BOOST

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### 3 DAYS / 3 NIGHTS EUR 2,495

The programme aims to familiarise you with your fitness performance potential, your physical strengths and weaknesses, and how you can improve those weaknesses to optimise your health and improve your wellbeing, regardless of age.

The programme includes:

- 1 Medical Consultation
- 1 Nutritional Consultation
- 1 Hydro-Aromatherapy Treatment
- 1 Phyto-Mud Treatment
- 1 HydroJet Treatment
- 1 Chenot Detox Body Massage Treatment
- 1 Chenot Connective Tissue Massage Treatment
- 1 Chenot Regenerating Treatment
- 1 Body Composition Analysis
- 1 Cardiorespiratory Fitness Assessment
- 1 Postural and Movement Assessment
- 1 Neurac Treatment
- 3 Personalised Fitness Trainings
- 1 Strength and Balance Assessment
- Chenot Biolight Diet®