



THALASPA  
**CHENOT**  
ELOUNDA BEACH



**HEALTHCARE  
& WELLNESS PROGRAMMES**

### INTENSIVE HEALTH PROGRAMME - 3 days

Sessions		Duration
3	Hydro aromatherapy	25 min
3	Phyto mud therapy	25 min
3	Hydro-jet	10 min
3	Detox treatment	55 min
3	Energetic massage (meridians)	55 min
1	Manual abdominal treatment	55 min
1	Cellulite treatment	55 min
1	Scalp treatment	55 min
		€ 1.620 per person

### INTENSIVE DETOX PROGRAMME - 3 days

Sessions		Duration
3	Hydro aromatherapy	25 min
3	Phyto mud therapy	25 min
3	Hydro-jet	10 min
3	Detox treatment	55 min
6	Electroporation-Mesoesthetic	25 min
3	Tripolar radio frequency	25 min
6	Muscle toning	55 min
3	Cellulite treatment	55 min
3	Manual abdominal treatment	55 min
		€ 3.645 per person

### WELLNESS PROGRAMME - 4 days

Sessions		Duration
1	Detox body treatment	55 min
3	Energetic massage (meridians)	55 min
4	Hydro aromatherapy sessions	25 min
4	Phyto mud therapy	25 min
4	Hydro-jet	10 min
1	Purifying detox therapy	55 min
1	Nutrigen illuminating therapy	55 min
1	Anti-ageing regenerating therapy	55 min
2	Muscle toning	45 min
		€ 1.755 per person

## ANTI-STRESS PROGRAMME - 4 days

Sessions		Duration
1	Detox body treatment	55 min
3	Energetic massage (meridians)	55 min
3	Hydro aromatherapy sessions	25 min
3	Phyto mud therapy	25 min
3	Hydro-jet	10 min
2	Scalp treatment	55 min
2	Feet and hand reflex massage	55 min
1	Purifying detox therapy	55 min
		€ 1.620 per person

## BODY SCULPTURE PROGRAMME - 6 days

Sessions		Duration
2	Electroporation-Mesoesthetic	25 min
1	Tripolar radio frequency	25 min
2	Muscle toning	55 min
2	Cellulite treatment	55 min
6	Phyto mud detoxifier therapy	25 min
6	Hydro-jet	10 min
		€ 1.375 per person

## REJUVENATING FACIAL PROGRAMME - 6 days

Sessions		Duration
2	Purifying detox therapy	55 min
2	Nutrigen illuminating therapy	55 min
2	Anti-ageing regenerating therapy	55 min
3	Tripolar radio frequency	25 min
3	Electroporation-Mesoesthetic	55 min
4	Led photo modulation	35 sec
1	Face and head energizing massage	55 min
1	Neck décolleté and arm treatment	55 min
		€ 2.035 per person

## ANTI-AGE PROGRAMME - 7 days

Sessions		Duration
1	Detox body treatment	55 min
6	Energetic massage (meridians)	55 min
6	Hydro aromatherapy sessions	25 min
6	Phyto mud therapy	25 min
6	Hydro-jet	10 min
1	Body scrub peeling	55 min
3	Tripolar radio frequency	25 min
1	Purifying detox therapy	55 min
1	Anti-ageing regenerating therapy	55 min
3	Electroporation-Mesoesthetic	55 min
		€ 2.970 per person

## HEALTH BENEFIT PROGRAMME - 7 days

Sessions		Duration
1	Detox body treatment	55 min
6	Energetic massage (meridians)	55 min
7	Hydro aromatherapy sessions	25 min
7	Phyto mud therapy	25 min
7	Hydro-jet	10 min
3	Personal training	45 min
		€ 2.135 per person

## REVITALIZING BODY PROGRAMME - 7 days

Sessions		Duration
1	Detox body treatment	55 min
6	Energetic massage (meridians)	55 min
6	Hydro aromatherapy sessions	25 min
6	Phyto mud therapy	25 min
6	Hydro-jet	10 min
2	Cellulite treatment	55 min
2	Manual abdominal treatment	55 min
3	Electroporation-Mesoesthetic	55 min
3	Tripolar radio frequency	25 min
1	Purifying detox therapy	55 min
3	Muscle toning	45 min
		€ 3.645 per person

## PERSONAL PROGRAMME

A personal programme can be designed when making your reservation, to meet your needs.

**Group fitness activities are complimentary available daily at the Well-Fit Studio with access to Sauna & Steam bath.**



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